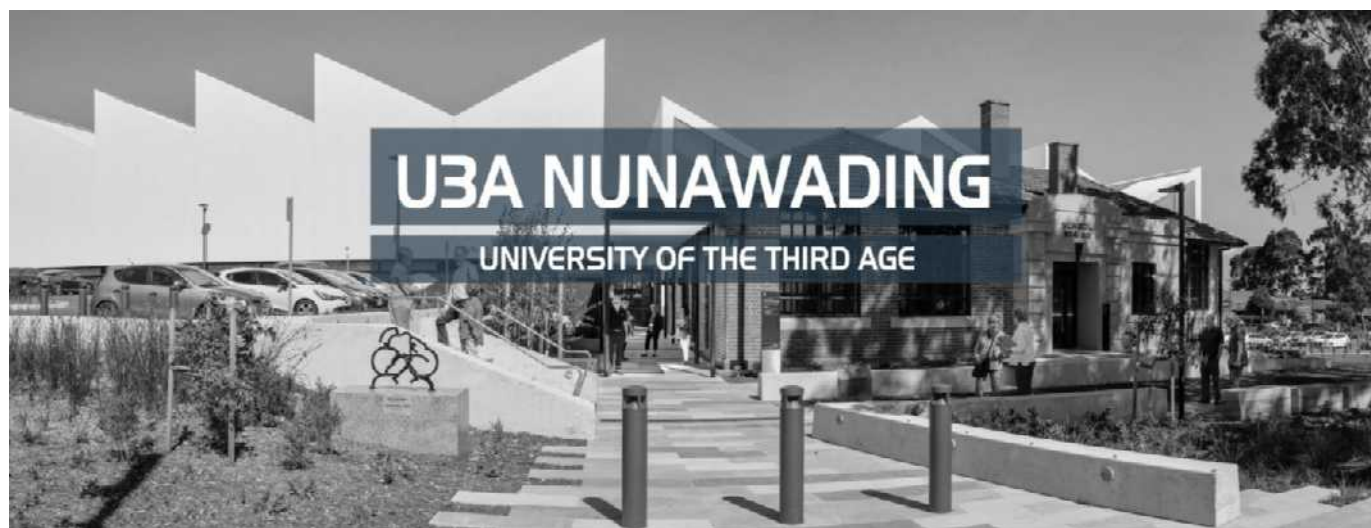




2026 COURSE GUIDE

Including Terms 3 & 4 Computers & Digital Technology

**Please check the website for the most up to date information
on courses, times and locations**

The office is open 9.00 am to 3.30 pm, Monday to Friday.

Term Dates 2026			
Term 1	2 February	2 April	9 weeks - 2 week break
Term 2	20 April	19 June	9 weeks – 3 week break
Term 3	13 July	18 September	10 weeks – 2 week break
Term 4	5 October	20 November	7 weeks

U3A Nunawading Inc. is a wholly volunteer, not-for-profit organisation, supporting positive ageing by providing opportunities for learning, exercise, and social interaction for retired and semi-retired members of the community.

Our website may be accessed via the QR code opposite:



<https://u3anunawading.org.au/>

About U3A Nunawading Inc.

U3A Nunawading Inc. is governed by its Constitution and Policies, which are applicable to all members. These documents are available on our website at u3anunawading.org.au/about-us/constitution-policies-forms/. The material presented in Classes is at the discretion of the Class Leader and does not necessarily reflect the views of U3A Nunawading Inc.

Please consider sharing your skills and knowledge to assist in its operation. Volunteering opportunities include Reception, Social Committee, e-News and Website support, and Committee of Management. See the Volunteering Section of this booklet for more details. To volunteer simply enter the appropriate Volunteer code when you enrol or on the New Member or Re-enrolment form or ask at Reception.

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ART AND PHOTOGRAPHY

26ART003 Abstract and Geometric Design

***This course is now closed to new members for 2026. Discover the beauty of shapes, patterns, and symmetry in this hands-on exploration of abstract and geometric design. This course introduces members to the creative use of circles, triangles, lines, grids and freehand drawing to produce striking abstract artworks. No prior art experience is required - just curiosity and a willingness to play with form and imagination. Bring to class: HB or 2B pencil, sharpener, eraser, 30 cm ruler, compass, protractor, coloured pencils, A3 sketchpad, Unipen black pens 0.4 mm and 0.8 mm or Artline black pens 0.4 mm and 0.6 mm.

Location: Studio 4 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 2:15 PM - 3:45 PM

Leaders: Helen Sorenson,

26ART006 Acrylic Painting Intermediate

Acrylic Painting for Intermediate Artistes: Not for beginners but for those who can use acrylic paints already and would like to take their skill further using different techniques and mediums. Pre-Requisite: Must know how to Paint/Draw Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 7 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 10:30 AM - 12:30 PM

Leaders: Janette Molloy,

26ART009 Art Appreciation

***This course is now closed to new members for 2026. This class is for members who have an interest in and enjoy the visual arts. Visits to exhibitions at galleries in Melbourne and Regional Victoria will be arranged three times a term throughout the year. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 4 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 9:30 AM - 11:00 AM

Leaders: Valerie Donlon,

26ART012 Art History & Appreciation

The class is a self-help group studying the development of visual arts through the ages. Members are expected to be involved in presenting topics and attending visits to Art Exhibitions at City, Local and Regional Galleries.

Location: Meeting Room 4 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 2:15 PM - 3:45 PM

Leaders: Barbara Sommers,

26ART015 Calligraphy Basic

Have you ever thought of writing Birthday or Christmas messages in 'Fancy' hand writing, not with computer? This is the start of that wish. Basic level of Calligraphy (Alphabet, not Chinese characters with brush). You don't need any experience (not suitable for experienced Calligraphers) and you don't need to be a 'neat writer', either. Everybody starts with basic stroke practice. We use felt pen to start with and practice several styles of letters. Please bring 30cm ruler, good quality pencil (B-4B) and eraser, A4 clear pocket document folder, a bag big enough to hold A3 size presentation pad and \$15-20 for the initial material (depends on 2026 cost).

Location: Studio 6 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 2:15 PM - 3:45 PM

Leaders: Yoko Yuasa,

26ART016 Digital Art (Terms 3 and 4)

This group is about exploring and producing digital art, either by digital drawing or photography, realistic or abstract styles. There are no artistic rules or what you must do. No experience is necessary but participants are expected to have a reasonable understanding of the software they are proposing to use. Software you use will be your choice, although commonly used and usually free software is probably suitable. Please bring your own laptop, tablet, phone or computer as your work surface. There will be no how-to talks. Each person will be self-directed exploring their artist ideas. Others in the class will assist to solve problems. Together we will explore the wonderful developing world of this new art technique/form. During class time participants will work on their artwork. Of course, participants can continue to work on their work at home. The group will meet weekly to discuss everyone's progress and work, how the effects have been achieved. The group will support each other with their ideas and techniques.

Location: Studio 5 NCH

Dates: 13 Jul 2026 - 16 Nov 2026

Schedule: Weekly on Monday 10:45 AM - 12 noon

Leaders: Paul Maguire,

26ART018 Drawing and Painting

This is a self-help class with all members sharing their skills.

Location: Studio 8 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 1:30 PM - 3:30 PM

Leaders: Jane Levy,

26ART021 Drawing & Sketching 1

This course is now closed to new members for 2026. Learn to draw and understand basic composition, perspective, contour, line and tone. Relaxed and informative.

Location: Studio 9 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 11:15 AM - 12:45 PM

Leaders: Paul Makinson,

26ART024 Drawing & Sketching 2

*** This course is now full with a long wait list and is closed to new enrolments. Be amazed at what you can achieve as you develop your skills in drawing and sketching. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 6 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 1:00 PM - 2:30 PM

Leaders: David Blain,

26ART027 Drawing & Sketching 3

Learn to draw and understand basic composition, perspective, contour, line and tone. Relaxed and informative.

Location: Studio 7 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:00 AM - 1:00 PM

Leaders: Paul Makinson,

26ART030 Drawing with Coloured Pencils Group

*** This class is now run as a self help group. Explore the basic techniques of using coloured pencils to create or add to your art work. Simple colour theory and composition will also be explained. Use of mixed media will be included. Materials will be discussed at the first class. Continuing students will be encouraged to further develop their skills and knowledge.

Location: Studio 6 NCH

Dates: 18 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 9:00 AM - 10:30 AM

Leaders: Nola Stewart-James,

26ART033 Drawing with Pen & Ink

Explore the medium of Pen and Ink. The format of the class aims to deliver an 'open' style of Art Workshop. Beginners and Experienced Members are welcome. Requirements: pen and paper. More details at first class.

Location: Studio 6 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:15 AM - 10:45 AM

Leaders: Leonie Scott,

26ART036 Mandalas- Sacred Circles

Mandalas means Sacred Circle. Mandala design is a fulfilling creative activity awakening geometric skills as well as your dormant artistic side. Enjoy colour, beauty, Zentangles and much more. By Zentangles, a decorative doodling, participants can create any artwork using Zentangles. Bring to class: Pencil, sharpener, eraser, long ruler, short ruler, expanding strong compass, protractor, coloured pencils, A3 sketchpad, Unipens or Artline Pens.

Location: Studio 8 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:15 AM - 12:45 PM

Leaders: Beverley Wright,

26ART039 Painting, Illustration, Picture Book Making

This class will introduce you to how to get started in not only writing your story but also doing the illustrations. Illustrations include drawing, painting and doodles. Use watercolour, acrylic or Gouache paint to explore your Art Imagination. In the future you may create picture books, design advertisements or cards, or write a book with pictures and stories for yourself. The class is always held in a relaxed atmosphere.

Location: Meeting Room 2 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 12:30 PM - 2:30 PM

Leaders: Sophia Liu,

26ART042 Pastel, Painting, Coloured pencils

2026 Term 2. This is a mixed medium class covering Soft Pastel painting. Acrylic Painting. Coloring- Books and Watercolor. Pre-Requisites: Must be able to use the above with some knowledge of the medium listed.

Location: Studio 7 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 1:00 PM - 3:00 PM

Leaders: Janette Molloy,

26ART045 Painting with Pastels

This course is about pastel application and is suitable for students who wish to build on their learning. Material List will be supplied. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 8 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 1:30 PM - 3:00 PM

Leaders: Annette Mason,

26ART048 Photography as a Hobby

For anyone who has a digital camera and is interested in learning how to use it to take nice photos. Prior knowledge of camera technique is not essential. Sessions will start from basic photography. Members are encouraged to submit weekly homework throughout the year. Pre-Requisites: Members must have a digital camera.

Location: Meeting Room 4 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12:30 PM - 2:00 PM

Leaders: Archie Kaan,

26ART051 Sketching & Drawing, Starting in Art

***This course is now closed to new members for 2026. A friendly class to give you the building blocks for your adventures in the media of your choice. We will look at form shadow and composition, then sketch various subjects. This is a beginner's course only. If you have already completed a beginner's course you should not enrol in this course. Bring to class: Simple pencils HB, 2B and 4B. Eraser and pencil sharpener. A4 or larger sketch pad.

Location: Studio 4 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:15 AM - 11:00 AM

Leaders: Carol Griffiths,

26ART054 Sketching Outdoors

Outdoor Sketching: Sketching outdoors in various locations around the Nunawading Community Hub. Each class will be in a different locations of interest (parks, buildings, etc, TBA) You need to bring a pencil, pen, sketchbook (A5 or larger) watercolour set, stool, weather personal protection.

Location: Venue Advised

Dates: 9 Feb 2026 - 9 Nov 2026

Schedule: Monthly, second, fourth Monday 9:30 AM - 11:30 AM

Leaders: Lorenzo Rene Carrasco,

26ART057 Watercolour 1

This is not a class for beginners. It is a self-help class with all members sharing their skills. Some notes on prerequisites for this class will be emailed to you upon request.

Location: Studio 8 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 1:15 PM - 3:15 PM

Leaders: Athalie Edis,

26ART060 Watercolour 2

This is not a class for beginners. It is a self-help class with all members sharing their skills. Please bring your watercolour paints etc plus a container for water.

Location: Studio 10 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 1:30 PM - 3:30 PM

Leaders: Melanie Rashleigh,

26ART063 Watercolour Painting for Beginners

*** This course is now full with a long wait list and is closed to new enrolments. This is no longer a beginners class. It will extend on to the learning of Terms 1 & 2. Exercises include paint mixing & control, glazing, blending, moulding, negative painting, preserving white, painting short, composition, proportioning, scale, perspective, shadows, reflections & fixing mistakes. Participants will be encouraged to express their own creative instincts and appreciate the techniques employed by established artists. Basic drawing ability is assumed. Please avoid buying any equipment until the recommended material list is supplied.

Location: Studio 9 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12:30 PM - 2:30 PM

Leaders: Malcolm Buley,

26ART066 Women in the Art World: A History

This class will look at women artists through history, their opportunities, influences, styles, techniques and struggle to be accepted. The depiction of women in art through history. Prehistoric art through to modern art.

Location: Studio 6 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 1:00 PM - 2:00 PM

Leaders: Martin Roulston,

ART AND PHOTOGRAPHY-SHORT COURSES

26ARTS03 Chinese Ink Brush Painting (Term 3)

Chinese Ink Brush Painting on Xuan Paper. If you have your own painters' paraphernalia bring them with you to the class. This must include - 1. 2 small dishes 3 to 4 inches diameter. 2. 2 small jars with screw top lid 3. Brushes 4. Black ink 5. Xuan Papers 6. Absorbent cloth 7. Newspaper or double A3 size blanket to protect the table. Or you can purchase from the class leader. This class runs for the first 5 weeks of Term 3 in 2026.

Location: Studio 5 NCH

Dates: 14 Jul 2026 - 11 Aug 2026

Schedule: Weekly on Tuesday 9:30 AM - 11:00 AM

Leaders: Patrick Kan,

26ARTS06 Chinese Ink Brush Painting (Term 4)

Chinese Ink Brush Painting on Xuan Paper. If you have your own painters' paraphernalia bring them with you to the class. This must include - 1. 2 small dishes 3 to 4 inches diameter. 2. 2 small jars with screw top lid 3. Brushes 4. Black ink 5. Xuan Papers 6. Absorbent cloth 7. Newspaper or double A3 size blanket to protect the table. Or you can purchase from the class leader. This class runs for 5 weeks of Term 4 (note that Nov 3 is a public holiday). This is a repeat of the Term 3 class.

Location: Studio 5 NCH

Dates: 6 Oct 2026 - 10 Nov 2026

Schedule: Weekly on Tuesday 9:30 AM - 11:00 AM

Leaders: Patrick Kan,

26ARTS11 Digital SLR camera Class

The Complete Digital SLR Camera Course This concise course of 6 lessons is for those who wish to master their Digital SLR (or mirrorless) cameras in order to make great photographs, be it in landscape, portrait or action. You will learn to achieve perfect exposure, control perspective and depth of field. Theory and the best settings for your camera will be explained simply; and practical sessions abound in the classroom. You will also be shown how to optimise your images using free software. (Caveat: each lesson builds on the previous one; my advice, enrol only if you are able to attend all 6 sessions)

Location: Studio 5 NCH

Dates: 17 Jul 2026 - 21 Aug 2026

Schedule: Weekly on Friday 9:15 AM - 11:15 AM

Leaders: Moses Tan,

26ARTS21 Photo Editing (Term 3)

Digital photography has given us a lot of scope to modify and perfect our photos, if we know how to. In these 6 weeks of Zoom classes, you will learn how to modify, enhance and bring out the best in most of your collection of photos. You will be pleasantly surprised to see what you will learn (with hands on) how to enrich your photos with just basic photo editing software. You will also be introduced and taught how to use more advanced level free photo editing software in the last 3 lessons. Prerequisites: You must have good Mouse and Keyboard skills

Location: Zoom

Dates: 14 Jul 2026 - 18 Aug 2026

Schedule: Weekly on Tuesday 9:00 AM - 11:00 AM

Leaders: Archie Kaan,

26ARTS24 Photo Editing (Term 4)

Digital photography has given us a lot of scope to modify and perfect our photos, if we know how to. In these 6 weeks of Zoom classes, you will learn how to modify, enhance and bring out the best in most of your collection of photos. You will be pleasantly surprised to see what you will learn (with hands on) how to enrich your photos with just basic photo editing software. You will also be introduced and taught how to use more advanced level free photo editing software in the last 3 lessons. Prerequisites: You must have good Mouse and Keyboard skills

Location: Zoom

Dates: 6 Oct 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:00 AM - 11:00 AM

Leaders: Archie Kaan,

26ARTS36 Picture Framing 3 (Term 3)

The course is free but students need to pay a nominal fee of \$10 to the class leader for materials used in practice session. The A3 print provided during practice is free and students can take home their finished works. The first session is on introduction and orientation whilst the second session is on practice. The third and final session will concentrate on projects. Students have to pay for materials used for their own project. The course is mainly hands on under the guidance and supervision of the leader. The workshop is equipped with semi-automatic pneumatic machines for use in designs, cutting, joining and fitting. Safety is paramount in the workshop and all students take responsibilities for their own safety. Students have to sign an indemnity form when they enter the workshop. The workshop has public liability insurance with APIA for injuries that occur in the workshop. Student should wear comfortable attires and no smoking is allowed on the premises. Safety gears e.g. protective goggles, earplugs and work aprons are provided. Parking spaces are available at the front of the workshop and adjacent nature strip parking. Students have to disclose to the class leader any medical conditions that may affect the operation of machines. Venue 10A Taparoo Road Templestowe

Location: Venue Advised

Dates: 7 Jul 2026 - 21 Jul 2026

Schedule: Weekly on Tuesday 9:30 AM - 11:30 AM

Leaders: Michael Chan,

26ARTS39 Picture Framing 4 (Term 3)

The course is free but students need to pay a nominal fee of \$10 to the class leader for materials used in practice session. The A3 print provided during practice is free and students can take home their finished works. The first session is on introduction and orientation whilst the second session is on practice. The third and final session will concentrate on projects. Students have to pay for materials used for their own project. The course is mainly hands on under the guidance and supervision of the leader. The workshop is equipped with semi-automatic pneumatic machines for use in designs, cutting, joining and fitting. Safety is paramount in the workshop and all students take responsibilities for their own safety. Students have to sign an indemnity form when they enter the workshop. The workshop has public liability insurance with APIA for injuries that occur in the workshop. Student should wear comfortable attires and no smoking is allowed on the premises. Safety gears e.g. protective goggles, earplugs and work aprons are provided. Parking spaces are available at the front of the workshop and adjacent nature strip parking. Students have to disclose to the class leader any medical conditions that may affect the operation of machines. Venue 10A Taparoo Road Templestowe

Location: Venue Advised

Dates: 1 Sep 2026 - 15 Sep 2026

Schedule: Weekly on Tuesday 9:30 AM - 11:30 AM

Leaders: Michael Chan,

26ARTS42 Picture Framing 5 (Term 4)

The class is free but students need to pay a nominal fee of \$10 to the class leader for materials used in practice session. The A3 print provided during practice is free and students can take home their finished works. The first session is on introduction and orientation whilst the second session is on practice. The third and final session will concentrate on projects. Students have to pay for materials used for their own project. The class is mainly hands on under the guidance and supervision of the leader. The workshop is equipped with semi-automatic pneumatic machines for use in designs, cutting, joining and fitting. Safety is paramount in the workshop and all students take responsibilities for their own safety. Students have to sign an indemnity form when they enter the workshop. The workshop has public liability insurance with APIA for injuries that occur in the workshop. Student should wear comfortable attires and no smoking is allowed on the premises. Safety gears e.g. protective goggles, earplugs and work aprons are provided. Parking spaces are available at the front of the workshop and adjacent nature strip parking. Students have to disclose to the class leader any medical conditions that may affect the operation of machines. Venue 10A Taparoo Road Templestowe

Location: Venue Advised

Dates: 6 Oct 2026 - 20 Oct 2026

Schedule: Weekly on Tuesday 9:30 AM - 11:30 AM

Leaders: Michael Chan,

COMPUTERS AND DIGITAL TECHNOLOGY

26COM001 Questions and Answers

In these sessions via Zoom, I will attempt to answer your computer questions on any topic you need help with. I would appreciate an email with your questions prior to the session as this will allow me to prepare and group related questions together. However, if time permits I will answer questions on the spot. The online 'notice board' will continue to be used to advise the topics requested, so you can choose to attend or not. Class limits have been set high, so you can enrol even if you just want to attend one session. Suitable for everyone who goes online, whether by computer, tablet or smartphone. Zoom links will be sent to enrolled members prior to the start of the class. Class is cancelled one week per month due to Committee of Management meetings.

Location: Zoom

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 1:00 PM - 3:00 PM

Leaders: Helen Smith,

26COM301 Android Smartphones-Advanced Users(T3)

This class is for those who wish to learn more about preventing the Tech giants like Google, from tracking you when using your mobile. Users will learn to turn on/off certain settings in their mobiles. We will attempt to assist users of all Android mobile makes and models but be aware, class attention will focus on the common mobile functions, namely those related to Samsung models. This is not a beginners course and students are deemed to have a basic understanding on how to use their mobiles. We suggest beginners should have at least attended an Android Beginners course first to get themselves acquainted with the very basic functions and personalisation of your Android mobile. This course will focus mainly on making changes on your mobile settings and backups. Pre-Requisites: You will need to bring a fully charged Android phone (not Apple iPhone or iPad). Attendees should have completed a beginners course prior to selecting this advanced course. If not, you may experience difficulties in understanding simple mobile concepts that we will be discussing during this advanced course. Please have details of all your private email addresses and passwords, mobile pin etc on hand (discreetly written down on paper), in case you need to use it in class. Past class experiences show some attendees could not access certain features on their mobile, as they fail to remember their pin or access codes, as a family member had helped set up their mobile initially. There will be no handouts in class.

Location: Studio 3 NCH

Dates: 28 Aug 2026 - 18 Sep 2026

Schedule: Weekly on Friday 1:00 PM - 3:00 PM

Leaders: Tom Wong,

26COM303 Do I need Microsoft 365?

Microsoft has increased their charges for their flagship Office 365 subscription service (they use various names for it) and have included some AI capability. Is it worth the cost? This two-week course will survey the types of subscriptions, their benefits, and look at other options, many of which are free. You do not need to bring your devices to this two-week course. It is suitable both for those who already pay a subscription and those considering purchasing one.

Location: Studio 3 NCH

Dates: 10 Sep 2026 - 17 Sep 2026

Schedule: Weekly on Thursday 2:00 PM - 4:00 PM

Leaders: Anthony Widdows,

26COM305 Download your phone photos (T3) Course A

If you're backing up your photos, trying to create a photo book or just making room on your phone, you'll want to download your photos to your computer. In this two-week course we'll explore the best techniques to download or copy your photos onto your computer that will keep the photo's date and location information. The first week will be a demonstration, the second week will allow for problem solving. Suitable for Apple and Android phones as well as Windows and Apple computers. Only enrol if you can attend both weeks. *** "Download your phone photos (course B)" is a repeat of this course. You can only be enrolled in one of these two courses.

Location: Studio 4 NCH

Dates: 25 Aug 2026 - 1 Sep 2026

Schedule: Weekly on Tuesday 2:00 PM - 4:00 PM

Leaders: Helen Smith,

26COM307 Download your phone photos (T3) Course B

If you're backing up your photos, trying to create a photo book or just making room on your phone, you'll want to download your photos to your computer. In this two-week course we'll explore the best techniques to download or copy your photos onto your computer that will keep the photo's date and location information. The first week will be a demonstration, the second week will allow for problem solving. Suitable for Apple and Android phones as well as Windows and Apple computers. Only enrol if you can attend both weeks. *** "Download your phone photos (course A)" is a repeat of this course. You can only be enrolled in one of these two courses.

Location: Studio 4 NCH

Dates: 8 Sep 2026 - 15 Sep 2026

Schedule: Weekly on Tuesday 2:00 PM - 4:00 PM

Leaders: Helen Smith,

26COM309 Getting the most from your iPad (T3)

The September 2025 iPadOS software release has changed how we use our iPads and added many new features. We will cover the basics, showing how it can perform all the functions many of us need, including email, the iCloud, web searching, on-line shopping and banking services, file management and photos. A refresher and updating course. This is a hands-on course, so bring your fully-charged Apple iPads, and bring your Apple ID and its password.. Please update your iPad software to the latest version it can accommodate. Not for Android devices.

Location: Studio 3 NCH

Dates: 30 Jul 2026 - 3 Sep 2026

Schedule: Weekly on Thursday 2:00 PM - 4:00 PM

Leaders: Anthony Widdows,

26COM311 Making a digital photo album (T3)

A photo album is a beautiful way to show off your photos to friends and family. It also makes a wonderful gift. Find out how to use the popular program 'Albumworks', which is free to download and not difficult to understand. In 5 weeks you will be guided step by step on how to arrange your photos and ways to personalize your album. Your finished album will be reasonably priced, on average about \$70 for size 20cm x 20cm (40 pages) or about \$90 for 30cm square (also 40 pages). In this course you will be guided through making a practice album in class using your own photos and experimenting with ways to layout your photos and adding personal touches. We'll think about who the photobook is for and choose the photos and layout to suit. We'll explore using various backgrounds for the pages and designing a theme to make a professional-looking album. There is no class on 29 July Pre-Requisites: You will need to be confident with your computer, know how to make folders, to save your photos and how to open and close programs. You will need to bring a laptop computer to class. (iPads and Android tablets are not suitable). Larger screens are better as the program has a lot of detail and you will want to see your page clearly. You should try to download the software before the first class. Go to the website 'albumworks.com.au' and click the 'Create Now' button.

Location: Studio 5 NCH

Dates: 15 Jul 2026 - 19 Aug 2026

Schedule: Weekly on Wednesday 2:00 PM - 4:00 PM

Leaders: Meg Lowery,

26COM313 Travelling with a Smart Device (T3)

There are many Apps available for smartphones and tablets that can make your device a very useful, even indispensable, travel companion. In this 3 week class we will talk about travelling and briefly explore a range of Apps available for both Apple and Android devices that can help you: - investigate travel options, plan an itinerary and make bookings. - find and manage accommodation and transport - navigate around unfamiliar places - communicate (language need no longer be a barrier) and keep in touch with family and friends back home - manage your money - keep a record of your adventures-diary, photos and videos etc. - relax - Music, movies, books and magazines, or your favourite game We can also learn a lot from one another, so there will be ample opportunity for participants to ask questions and share experiences and knowledge with one another. Pre-Requisites: Participants should bring their own smart device, i.e. smartphone, iPad, Android tablet, etc., and be familiar with its operation. Make sure that the battery is charged.

Location: Studio 4 NCH

Dates: 21 Jul 2026 - 4 Aug 2026

Schedule: Weekly on Tuesday 2:15 PM - 3:45 PM

Leaders: Wayne Henry,

26COM315 iPad Advanced

This four-week course builds on the basic iPad courses, such as showing how to connect to a Windows PC and to your iPhone, using shortcuts (like programming your iPad), managing a filing system, and using your iPad with Microsoft and Google products This course is suitable for experienced iPad users who want to get even more from their devices than is covered in the normal iPad courses. It will be assumed that class members have a good working knowledge of their iPad. We will be using iPadOS26 during this course. Please bring your fully charged iPad to class. WIFI is available, or you can use your phone's hotspot

Location: Studio 3 NCH

Dates: 31 Jul 2026 - 21 Aug 2026

Schedule: Weekly on Friday 2:00 PM - 4:00 PM

Leaders: Anthony Widdows,

26COM401 Android Smartphones for Beginners (T4)

This course is for those who have been struggling with their Android phones and who want to learn more on how to use the very basic functions. We will cover basic phone setup, internet browsing, download apps, email, text messaging, setup contacts and how to use the camera etc. Users who wish to learn more about other mobile functions (e.g. understand scams, data backups, minimise internet tracking, reduce battery drain etc) are encouraged to enrol in the Android Smartphones for Advanced Users course being offered in Terms 3 in 2026. Attendees in this Term 4 class will be shown or taught the very basic common mobile features, so please choose your course preference carefully. This is a short condensed 4 weeks course and attendees should bring along some writing materials (pen & notepad) to record what's been discussed in class and provide useful references when using your mobile at home. You will need to bring a fully charged Android phone (not Apple iPhone or iPad). Please have details of all your private email addresses and passwords, mobile pin etc on hand (discreetly written down on paper), in case you need to use it in class. Past class experiences show some attendees could not access certain features on their mobile, as they fail to remember their pin or access codes, as a family member had helped setup their mobile initially. There are no handouts in this class.

Location: Studio 3 NCH

Dates: 9 Oct 2026 - 30 Oct 2026

Schedule: Weekly on Friday 1:00 PM - 3:00 PM

Leaders: Tom Wong,

26COM403 Artificial Intelligence(AI) T4 Course A

Artificial Intelligence (AI) is discussed often in media. In this class we will discuss the original ideas, the current state of development, and perspectives the future may bring. Further, we will talk about the application of AI and its various components. We will talk about benefits and risks of this new technology. We use chatbot as a tool to show examples of how this new technology is used. After the course you will understand what AI is, and what components it has. You will be able to use chatbot to play with this new technology and understand the benefits and potential risks. There are no pre-requisites. You do not need to bring your own devices. *** Please note this course and Course B are the same, so you can only enrol in one of these two course.

Location: Studio 3 NCH

Dates: 8 Oct 2026 - 22 Oct 2026

Schedule: Weekly on Thursday 2:00 PM - 4:00 PM

Leaders: Volker Ankenbrand,

26COM405 Artificial Intelligence(AI) T4 Course B

Artificial Intelligence (AI) is discussed often in media. In this class we will discuss the original ideas, the current state of development, and perspectives the future may bring. Further, we will talk about the application of AI and its various components. We will talk about benefits and risks of this new technology. We use chatbot as a tool to show examples of how this new technology is used. After the course you will understand what AI is, and what components it has. You will be able to use chatbot to play with this new technology and understand the benefits and potential risks. There are no pre-requisites. You do not need to bring your own devices. *** Please note this course and Course A are the same, so you can only enrol in one of these two course.

Location: Meeting Room 5 NCH

Dates: 29 Oct 2026 - 12 Nov 2026

Schedule: Weekly on Thursday 2:00 PM - 4:00 PM

Leaders: Volker Ankenbrand,

26COM407 Artificial Intelligence-beyond the hype

We all need to know more about AI. This course will introduce the topic covering: what is AI? Where and how is it being used today? Can I use it and what can it do for me? Where is AI leading us and what might the future look like? The ethics of AI : why none of us should ignore it. You do not need to bring devices to this course, but you may wish to take your own notes during each class.

Location: Studio 4 NCH

Dates: 6 Oct 2026 - 27 Oct 2026

Schedule: Weekly on Tuesday 2:15 PM - 3:45 PM

Leaders: Wayne Henry,

26COM409 Making a 2027 Calendar with Albumworks

Ever wanted to make your own calendar using your own photos? Calendars make wonderful gifts and can be personalised with family information. The cost varies between \$33 and \$43 depending on size, with extra for postage. (There are generous discounts for a first time order.) Go to the Albumworks website for sizes, styles and pricing information. *** Note: the course will comprise five sessions and will NOT be held on Wed 28 Oct or 4 November Pre-Requisites: You will need to bring a laptop to class and be confident using it, know how to make folders, to save your photos and how to open and close programs. After visiting the Albumworks website you will need to download the free editor (NOT the online editor) before the first class. Decide on a theme, and collect the photos you have in a computer folder.

Location: Studio 5 NCH

Dates: 7 Oct 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 2:00 PM - 4:00 PM

Leaders: Meg Lowery,

CRAFT

26CRA009 Bonsai Workshop Term 3

The Bonsai Program will focus on two dimensions, creating or improving bonsai: You will be assisted with any bonsai you bring to class to develop or improve, You will be offered a variety of suitable plants, to purchase, cost \$10 - \$30, to create 2-3 bonsai with guidance and support. These bonsai will be potted by you. \$25.00 to be paid to the leader to cover cost of soil, wire mesh, tools and fertilizer. *** Please arrive 10 minutes prior to class commencement to set up.

Location: Studio 10 NCH

Dates: 24 Jul 2026 - 7 Aug 2026

Schedule: Weekly on Friday 12:30 PM - 3:00 PM

Leaders: Victor Byrdy,

26CRA012 Bonsai Workshop Term 4

The Bonsai Program will focus on two dimensions, creating or improving bonsai: You will be assisted with any bonsai you bring to class to develop or improve, You will be offered a variety of suitable plants, to purchase, cost \$10 - \$30, to create 2-3 bonsai with guidance and support. These bonsai will be potted by you. \$25.00 to be paid to the leader to cover cost of soil, wire mesh, tools and fertilizer. *** Please arrive 10 minutes prior to class commencement to set up.

Location: Studio 10 NCH

Dates: 16 Oct 2026 - 30 Oct 2026

Schedule: Weekly on Friday 12:30 PM - 3:00 PM

Leaders: Victor Byrdy,

26CRA015 Card Making

You will have the opportunity to make greeting cards and other paper crafts (on occasion). Projects and ideas are shared by the class, with the leader demonstrating skills and new techniques. Attendees will need to provide their own resources, and card making equipment.

Location: Studio 9 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 11:15 AM - 1:00 PM

Leaders: Leonie Scott,

26CRA021 Crochet & Knitting Intermed.(T3&T4)

It is expected that participants in this structured, skill-building class have mastered the basics, including common abbreviations, pattern and chart reading. The course will cover various techniques to provide options in working and finishing items, working in the round, texture, colourwork and lace. Terms 3 & 4 only. It is important that you attend on a regular basis. Class Materials: At least two balls of wool yarn, preferably Bendigo Woollen Mills Classic 8ply or Merino Totem in different colours, a range of sizes of crochet hooks and knitting needles (including circular or double pointed needles), ruler, tape measure, dental floss, emery board/nail file, blunt & sharp tapestry needles, row counter, scissors or snips, note taking materials, locking stitch markers, small cardboard labels for swatches, sturdy containers for these materials.

Location: Studio 3 NCH

Dates: 13 Jul 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:15 AM - 11:00 AM

Leaders: Alison Phillips,

26CRA024 Crochet & Knitting Explorations

This is a class for experienced yarn workers (i.e . who have mastered a variety of techniques and are able to work independently from a pattern or chart) and who wish to explore further techniques, learn about various traditions, polish their skills, research areas of particular interest and share their knowledge and enthusiasm with others. Sessions may be devoted to individual or group presentations on topics such as particular stitches , construction methods, history, regional traditions and techniques, pattern modification, etc. Some class time will usually be available for members to work on their own projects . Members individually or as a group may respond to occasional special requests for items for animal rescue, charities, etc. This Is NOT a class for beginners. All members are expected to be active participants. Materials: Notebook and writing materials, variety of hooks and needles, variety of yarns for swatching, standard kit.

Location: Meeting Room 2 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:45 AM - 1:30 PM

Leaders: Alison Phillips,

26CRA027 Knitting Advanced

This class is for more advanced knitters. Members are welcome to assist each other with advanced techniques of knitting. It is expected that participants are competent in basic skills and pattern reading. This is not a beginners class.

Location: Studio 8 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:15 AM - 11:00 AM

Leaders: Vicki Price,

26CRA036 Macrame for Experienced (Terms 3&4)

Macrame is a technique of craft which uses several types of hand-tie knots to form a textile or decoration. This class is for those with experience in Macrame, for example if you have completed the Beginners class. In this class, you will learn the essential knots and some basic patterns, and create various projects, simple and more complicated, such as earrings, keychains, coasters, Christmas decorations, plant hangers and small wall hangings. The leader will supply the materials for the first class - \$3 to be paid to the leader at the first class.

Location: Studio 3 NCH

Dates: 17 Jul 2026 - 20 Nov 2026

Schedule: Weekly on Friday 9:00 AM - 10:30 AM

Leaders: Jia Xu,

26CRA039 Needlework

*** This class is now closed to enrolments for 2026. Designed to inspire needleworkers at any level to enjoy a variety of needlework projects.

Location: Meeting Room 2 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 11:45 AM - 1:45 PM

Leaders: Leonie Clyne,

26CRA042 Paper Clay (Air-dry clay) Modelling

This will be a fun class where you can learn how to model with Light air-dry clay. Air-dry paper clay is soft and clean, easy to model and can make very interesting gifts for Mother's Day or Birthdays etc. You will need to buy the air dry clay and modelling tools, some decoration materials that can be bought in Daiso or from an art material supplier.

Location: Meeting Room 2 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 2:30 PM - 3:45 PM

Leaders: Sophia Liu,

26CRA048 Paper Craft Advanced (Terms 3&4)

Learn to make more challenging paper craft models and Christmas ornaments. In early November, you will join members from the beginners class to decorate the U3A Christmas tree with your Christmas masterpieces. Only suitable for experienced members. Terms 3 & 4. Leader requests well fitted masks to be worn during class. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 2 NCH

Dates: 15 Jul 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 9:30 AM - 11:00 AM

Leaders: Kitty Wong,

26CRA051 Patchwork 1

This class has a focus on patchwork and applique. The class provides an opportunity for members to work on their own individual projects with support and guidance from all. Various techniques will be discussed each term, with class input, and students can choose to participate in a project based on the techniques discussed. Members new to patchwork and/or applique will be introduced to basic blocks.

Location: Meeting Room 2 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:30 AM - 11:30 AM

Leaders: Meredith O'Bree,

26CRA054 Patchwork 2

A class for those who have some experience with patchwork. Individual projects at various skill levels using a variety of techniques. Class projects each term, suggested by class members. Both hand and /or machine piecing may be used.

Location: Meeting Room 2 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 9:30 AM - 11:30 AM

Leaders: Meryl McEwen,

26CRA057 Patchwork 3

The class leaders will set projects each term. There will also be the opportunity for discussion on projects you may be working on at home.

Location: Meeting Room 3 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 10:00 AM - 11:45 AM

Leaders: Tina Whelan,

26CRA060 Sugar Craft

Learn the art of making sugar flowers, simple figurines, basic icing and Chocolate techniques. Great for decorating that special cake and dessert or a table decoration. This class will also include some cooking demonstrations undertaken by class members. Only suitable for experienced members, not beginners. Leader requests well fitted masks to be worn during class. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 2 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 11:15 AM - 1:00 PM

Leaders: Kitty Wong,

DANCE

26DAN001 Ballroom Dancing Beginners

*** This course is now full with a long wait list and is closed to new enrolments. This is a beginners class for those wishing to experience the joy of ballroom dancing. Dances covered will be Modern, Latin and New Vogue. You must have suitable footwear to attend a ballroom dancing class. Rubber soled shoes and sport shoes are not suitable for dancing.

Location: Studio 2 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 2:00 PM - 3:30 PM

Leaders: Paul Piggott,

26DAN004 Ballroom Dancing 1

This is not a beginners class. Australian New Vogue sequence dances. Lessons and social dance. You must come with a dance partner (can be same sex) and they must also be a financial member of U3A Nunawading - singles not accepted. Participants must be able to dance some basic sequence dances. Rubber soled shoes and sport shoes are unsuitable for dancing.

Location: Studio 2 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 10:45 AM - 12:30 PM

Leaders: Marco Ng,

26DAN007 Ballroom Dancing 2 (Sequence Dancing)

*** This class is now closed to enrolments for 2026. Come and experience the joy of dancing. Australian New Vogue and other ballroom sequence dances will be taught. Great for memory retention and flexibility. Rubber soled shoes and sport shoes are unsuitable for dancing.

Location: Studio 1 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 10:30 AM - 11:30 AM

Leaders: Liza Ng,

26DAN010 Ballroom Dancing 3 (Wed Evening Class)

This is a sequence dance class for experienced dancers only. You must arrange for and come with a dance partner who must also be a financial member of U3A Nunawading. There is no formal teaching - we learn from each other and from plenty of practice. To date we have covered most of the common dance figures. The guiding philosophy 'Endeavour to capture the joy of good dancing' New applicants will be placed on the waitlist and the leader will contact you. This class runs from 14th January to 16th December in 2026

Location: Studio 2 NCH

Dates: 14 Jan 2026 - 16 Dec 2026

Schedule: Weekly on Wednesday 7:45 PM - 9:45 PM

Leaders: Beng Lee,

26DAN013 Ballroom Dancing 4 -Practice Opportunity

An opportunity for Ballroom dancers to practice their skills in the areas of modern, new vogue and Latin dancing. People must bring a partner and they must also be a financial member of U3A Nunawading. The session is not to teach how to dance. It is to practice what you are learning or have learnt. Rubber soled shoes and sport shoes are unsuitable for dancing. Pre-Requisite: Basic knowledge of the modern waltz is required.

Location: Studio 1 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 11:00 AM - 12:30 PM

Leaders: Mei yi Zhu,

26DAN016 Ballroom Dancing 5 (Sat Evening Class)

This is a duplicate class of Ballroom Dance 3 (Wednesday night). It is run by a group of co-leaders, viz. Eddie Au, Hock Ng, Kai Jong, John Fong and Beng Lee, who take turns to run the class. Except for day of the week and leader arrangement, this class is the same as Ballroom dance 3 and the same conditions apply. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period. This class runs from 10th January to the 12th December in 2026 but note there will no class on 21st Feb, 27th June, and 14th November.

Location: Studio 2 NCH

Dates: 10 Jan 2026 - 12 Dec 2026

Schedule: Weekly on Saturday 7:45 PM - 9:45 PM

Leaders: Beng Lee,

26DAN019 Belly Dancing Experienced

*** This course is now full and is closed to new enrolments. A class for the experienced Belly Dancer, but beginners are not precluded from joining

Location: Studio 1 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 3:15 PM - 4:15 PM

Leaders: Paulina Chong,

26DAN022 Chinese Dance 1

...This class is now closed to new enrolments. Consolidate your Chinese classical dance techniques and learn more Chinese ethnic dances. This class will help improve your posture, flexibility and memory retention as well as deepen your understanding of Chinese culture. Soft soled shoes to be worn. Due to the popularity of the Chinese dance classes, you can only attend one Chinese Dance class. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 1 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 2:00 PM - 3:00 PM

Leaders: Ren Li,

26DAN025 Chinese Dance Class 2

Come and learn the basic Chinese classical dance and some ethnic dances such as Tibetan Dance. This class is very good for your posture, movement and memory retention as well as the understanding of Chinese culture. Soft soled shoes to be worn. Due to the popularity of the Chinese dance classes, you can only attend one Chinese Dance class. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 1 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 2:15 PM - 3:15 PM

Leaders: Sock Kiat Tan,

26DAN031 Mongolian Dance

You will learn the basic movements of Mongolian dance and complete a Mongolian dance by the end of the year. It will help your posture, flexibility and memory retention. Due to the popularity of the Chinese dance classes, you can only attend one Chinese Dance class. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 1 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 1:00 PM - 2:00 PM

Leaders: Ying Zhao,

26DAN034 Scottish, English & Welsh Dancing

Scottish, English and Welsh Country Dancing: This is a continuing class, but beginners and dancers of any level of experience are welcome. Dances will be taught in a relaxed atmosphere, with the emphasis on fun and enjoyment. No partner is required. Many dances are skipped but walking is always an acceptable alternative. Flat shoes should be worn.

Location: Scout Hall Tunstall Park 1 Mark Place Nunawading 3131

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 1:00 PM - 3:00 PM

Leaders: Cecilia Johnson,

DANCE Restricted

26DANR01 Dance Fitness Fun 2

Let's have fun and do an enjoyable workout to hits from the 60s, 70s, and music styles from around the world such as Latin and K-Pop. This is a low to medium impact workout that mixes dance moves and fitness variations. No prior dance experience is necessary as the class is designed for everyone. You just need a willingness to move to the music and have fun and bring along your smiles. Light clothing and soft soled shoes are to be worn. BYO water bottle and towel. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Stadium NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 1:15 PM - 2:15 PM

Leaders: Betsy Gumma,

26DANR03 Dance Fitness Fun 1

..This class is now closed to new enrolments. Let's have fun and do an enjoyable workout to hits from the 60s, 70s, and music styles from around the world such as Latin and K-Pop. This is a low to medium impact workout that mixes dance moves and fitness variations. No prior dance experience is necessary as the class is designed for everyone. You just need a willingness to move to the music and have fun and bring along your smiles. Light clothing and soft soled shoes are to be worn. BYO water bottle and towel. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Stadium NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12 noon - 1:00 PM

Leaders: Betsy Gumma,

26DANR05 Zumba 1

This is a fun and enjoyable workout class to get your body moving and invigorate your energy levels, making you feel empowered. It is based on Latin and International dance rhythms which integrates easy-to-learn routines designed to enliven your senses and improve your cardio fitness. Blend it with toning your body by using light weights (optional) with modified Zumba moves. BYO drink bottle, towel and light weights (0.5 kg to 1 kg each). Soft soled shoes are to be worn. Closed toe shoes are recommended. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Stadium NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 12:15 PM - 1:15 PM

Leaders: Paulina Chong,

26DANR07 Zumba 2

*** This class is now closed to enrolments for 2026. Zumba is a fun and enjoyable workout class to get your body moving and invigorate your energy levels. It is a Latin-inspired workout class, incorporating dance/fitness routines to Latin and international rhythms. With its easy-to-follow routines, no dance experience is necessary as Zumba is designed for everyone. Just relax and move your body to the music, have fun and bring your smiles. Light comfortable clothing and soft soled shoes are to be worn BYO water bottle and face towel. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Stadium NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 1:30 PM - 2:30 PM

Leaders: Betsy Gumma,

26DANR09 Zumba Gold - Chair

Chair Zumba is a Latin-inspired dance fitness workout done while seated, combining fun, easy-to-follow movements with lively Latin and international rhythms. It's designed to be enjoyable, accessible, and suitable for everyone - no dance experience needed! Move your body to the music at your own pace, build confidence, and enjoy a supportive, uplifting environment filled with smiles and positive energy. Benefits : * Improves mobility and flexibility * Supports balance and coordination * Boosts mood and energy levels * Encourages social connection * Low-impact and gentle on joints * Suitable for all abilities and fitness levels Note: Wear comfortable clothing and shoes. Bring drink bottle. ...It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Scout Hall Tunstall Park 1 Mark Place Nunawading 3131

Dates: 28 Apr 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 1:15 PM - 2:15 PM

Leaders: Jennifer Kaw,

DANCE: LINE DANCING - Restricted

26DANLR1 Line Dancing Upper Beginners

*** This course is now full with a long wait list and is closed to new enrolments. This is not a raw Beginners class. Members must have some knowledge of Line dancing foundational steps and be committed to diligent regular self practice. New dances will be taught throughout the year. Soft soled shoes must be worn for your safety. No sandals or bare feet allowed. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANLR group.

Location: Studio 2 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 2:30 PM - 3:30 PM

Leaders: Jian Lin,

26DANLR2 Line Dancing with Alan

Line dancing is always a fun and non-stressful way to get everyone onto the dance floor. It's easy to learn and follow through and doing it with other people makes it even more enjoyable. Members will practice with various styles of line dance like Rumba, Cha Cha, Waltz, Tango, Jive etc. Tags and restarts will start to feature with more complex moves. You will need good balance to attend this class. You need to have completed at least one year of a Beginners class. It is designed to help participants further improve their skills. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANLR group. Soft soled shoes must be worn for your safety. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Stadium NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 2:45 PM - 3:45 PM

Leaders: Alan Tiet,

26DANLR4 Line Dancing Improvers

This Line Dancing class is not suitable for Beginners. Students must already be competent at the beginners level and are looking for more challenges in Line Dancing. Practice at home is expected. Ideally, dancers should be able to dance to the beat of different speeds and genres of music, and remember dance routines. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANLR group. Soft soled shoes to be worn. Note this class does not start until 12th March in 2026 Ewah advised she only wants 15 max in the class. Do not put any new members in. 7/4/26 EM

Location: Studio 2 NCH

Dates: 12 Mar 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 4:00 PM - 5:30 PM

Leaders: Ewah Lee,

26DANLR5 Line Dancing Improver to Intermediate

This is a mixed class pitched at the improver level line dancer with dances taught ranging from beginner to intermediate level. It is suitable for mid-level dancers who appreciate the challenge of more complex dances and the fun of simple routines. Dances are based on ballroom genres which have line dance versions for social settings. If you already have experience in line dancing, then this is the class for you. A background in other dance styles can be helpful in learning new dances. Newcomers who feel they have the flair and taste for learning dance routines to a wide range of music are also welcome to give it a go. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANLR group. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period. Suitable footwear which allows movement and soft soles should be worn. Definitely no sandals, open toe shoes or slippers. Closed toe shoes are best. (This class was originally named Lane Dancing Progression for 2026)

Location: Studio 1 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:30 AM - 10:45 AM

Leaders: Marie Pietersz,

26DANLR7 Line Dancing Experienced

Dancing is a unique form of exercise because it provides heart-healthy benefits as well as training us how to maintain our balance while moving to the beat. Forget the old fashioned country image, as Line dancing these days teaches dances to different types of music. You will need good balance to attend this class. Soft soled shoes to be worn. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANLR group. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period. To attend this class, you must have at least 3 years Line Dancing experience. You are expected to memorise longer dances and be able to turn frequently, knowing the basic terms of Line dancing. Tags and restarts will start to feature with more complex moves. There are a wide variety of dances to be introduced at this level, therefore this class is for the experienced Line Dancer only. Proper Dancing shoes are required.

Location: Studio 2 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 1:45 PM - 3:45 PM

Leaders: Lan Tiet,

26DANLR8 Line Dancing Experienced Plus

This class is for members who have completed a beginners class for a year with a solid understanding of basic steps and rhythm, good spatial awareness and experience with different line dancing movements. Members must be prepared to learn new dances and committed to diligent practice throughout the duration of the class. Soft soled shoes must be worn for your safety. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANLR group. Note: All members enrolling in this class will initially be placed on a waitlist. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 2 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 1:00 PM - 2:15 PM

Leaders: Jian Lin,

DANCE: ROCK N ROLL - Restricted

26DANRR1 Rock 'n' Roll Beginners/Plus

*** This course is now full with a long wait list and is closed to new enrolments. Whether you are a complete beginner or looking to refresh/refine your skills, these lessons are perfect for you. Master the fundamentals of Rock 'n' Roll in an enjoyable and interactive atmosphere. Gain confidence to dance at your next social function. No partners required. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANRR group. Soft soled shoes to be worn. It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 1 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 1:00 PM - 2:00 PM

Leaders: Frank Ciurleo,

26DANRR3 Rock 'n' Roll Intermediate 1

This is a class for those members who have attended the Intermediate 1 class in 2025 or have been identified as having the skills to move into an intermediate class. If you have attended Rock 'n' Roll classes at other organisations, please send an email detailing your experience to the course Administrator who will advise us. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANRR group. Soft soled shoes to be worn. It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 1 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:45 AM - 12:45 PM

Leaders: Sin Hoon Lam,

26DANRR5 Rock 'n' Roll Intermediate 2

This class is for members who have attended the intermediate 2 class in 2025 or have been identified as having the skills to move into this class. If you have attended Rock 'n' Roll classes at other organisations, please send an email detailing your experience to the Course Administrator who will advise us. Note this is a RESTRICTED class and you may only enrol in one class from the 26DANRR group. Soft soled shoes to be worn. It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 1 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 2:15 PM - 3:15 PM

Leaders: Sin Hoon Lam,

EXERCISE BALANCE, LEGS STRENGTH-Restricted

26EXEBR1 Balance Exercise 1

*** This course is now full with a long wait list and is closed to new enrolments. This exercise class focuses on maintaining and improving balance. We will do leg strength and vestibular exercises as well as some postures that challenge the standing balance. There will also be a small segment on pelvic floor exercise. Soft soled shoes to be worn. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEBR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 2 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 10:30 AM - 11:30 AM

Leaders: Susanti Chee,

26EXEBR3 Balance Exercise 2

*** This course is now full with a long wait list and is closed to new enrolments. This exercise class focuses on maintaining and improving balance. We will do leg strength and vestibular exercises as well as some postures that challenge the standing balance. There will also be a small segment on pelvic floor exercise. Soft soled shoes to be worn. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEBR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 2 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 1:30 PM - 2:30 PM

Leaders: Susanti Chee,

26EXEBR5 Legs Strength Training

*** This course is now full with a long wait list and is closed to new enrolments. Seniors often suffer from muscle atrophy; we are losing 3 to 5% of muscle volume per year. We are also facing arthritis in the joints and the health issues of varicose veins cannot be neglected. Many have problems with posture resulting in hunch back and neck humps plus back sciatica pain. This class will help address these problems through stretch and strength training. Chairs and mat exercise are used to strengthen our legs and core muscles. There is also focus on improving balance/postures and Tabata to promote cardiovascular fitness. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEBR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Soft soled shoes to be worn.

Location: Studios 1 and 2 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 11:30 AM - 12:30 PM

Leaders: Siu Hoi So,

EXERCISE GENERAL FITNESS

26EXEF07 Chair Based Exercise.

*** This course is now full with a long wait list and is closed to new enrolments. This is an exercise class that will help you lead a Healthy, happy life. The class includes warm-up, chair based exercise, stretching, cardio and balance, strength training and relaxation. There is no mat work involved. All exercises are set to music at a pace suitable for you. Even if you have not exercised for some time, you will be surprised how much you can do. Soft soled shoes to be worn. Drink bottle to be brought to class regardless of the weather. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 9 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 10:00 AM - 11:00 AM

Leaders: Elsa Du,

26EXEF13 Tabata for Men

Join with like minded men to maintain or improve on general fitness. This class includes cardio, resistance and strength training. You will need to provide an exercise mat, drink bottle, hand weights and theraband. A small cushion or pad to support the head when laying on the exercise mat may be required to keep the head in the correct postural position. It is essential you have the ability to get safely down on and up from the floor. Soft soled shoes to be worn. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Stadium NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 10:45 AM - 11:45 AM

Leaders: Wayne Henry,

EXERCISE GENERAL FITNESS Restricted

26EXEFR1 Gentle Exercise

*** This course is now full with a long wait list and is closed to new enrolments. The class includes warm-up, stretching, cardio, balance, strength training and relaxation, with no mat work involved. all set to music at a pace suitable for you. Even if you have not exercised for some time, you will be surprised how much you can do!, You will require weights (dumbbells) and TheraBands (stretch bands); from time to time chi balls, and balance equipment will be provided. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEFR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Soft soled shoes to be worn and a drink bottle should be brought to every class regardless of the weather.

Location: Studio 1 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 10:30 AM - 11:30 AM

Leaders: Karen Postill,

26EXEFR2 Happy Exercising-Moderate Level

This is a fun class to help you maintain a happy, healthy life. The class includes warm-up, stretching, cardio and balance. All exercises are set to music to help with movement. Soft soled shoes must be worn. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEFR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 2 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12:45 PM - 1:45 PM

Leaders: Elsa Du,

26EXEFR3 Moderate Active

... This class is now closed to new enrolments. This class is suitable for members who can participate in a variety of movements (all set to music) including the following: warm-up, stretching, strength training, balance work and cardio. There will also be 10 minutes of pilates on a mat before relaxation. You will require weights (dumbbells), therabands (stretch bands) a mat and drink bottle (regardless of the weather!). Soft soled shoes are to be worn. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEFR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class if in doubt, members should consult their health professional.

Location: Studio 2 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 10:00 AM - 11:00 AM

Leaders: Karen Postill,

26EXEFR5 Movin & Groovin to Music 1

This class is now closed to new enrolments. This energetic exercise class offers interval training including Tabata, Balance and Weights plus fun dance based exercises to music. BYO Set of Weights (dumbbells), Stretch Bands, Mat and drink bottle. Mat work requires that you are able to get up and down from the floor. It is recommended that you attend on a regular basis to get the most out of your exercise. Soft soled shoes to be worn. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEFR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 2 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:30 AM - 10:30 AM

Leaders: Beverley Baseden,

26EXEFR7 Movin & Groovin to Music 2

This energetic exercise class offers interval training including Tabata, Balance and Weights plus fun dance based exercises to music. BYO Set of Weights (dumbbells), Stretch Bands, Mat and drink bottle. Mat work requires that you are able to get up and down from the floor. It is recommended that you attend on a regular basis to get the most out of your exercise. Soft soled shoes to be worn. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEFR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 2 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 8:45 AM - 9:45 AM

Leaders: Deborah Tan,

EXERCISE MOVEMENT & MEDITATION

26EXEM03 Ba Gua QiGong

Ba Gua QiGong is an essential component of Ba Gua Zhang, a 200 year-old Chinese martial arts, designed for developing a strong and healthy body. It has a unique circle walking method, the usual QiGong movements, mindfulness exercise, and martial arts techniques. It is easy to learn, easy to remember, and suitable for anyone who wants to do something different and new (at Nunawading) for keeping fit.

Location: Studio 2 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 12:30 PM - 1:30 PM

Leaders: Seng Goh,

26EXEM04 Cantonese Opera Performance Movement

Cantonese Opera is a traditional art form that uses music, singing, acting, acrobatic and martial arts to tell a story. This program covers the fundamental movements of the hands, legs and body needed for opera performance. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 1 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 3:30 PM - 5:30 PM

Leaders: Lai Chee Lee,

26EXEM10 Feldenkrais: Functional Mobility

*** This course is now full with a long wait list and is closed to new enrolments. This class is based on the Feldenkrais Method - a form of neuromuscular re-education of our bodies. While this involves most aspects of our physical functioning, coordination and flexibility are the key benefits. The class engages both mind and body and at the same time teaches us how to use our bodies with the least amount of effort and maximum efficiency. Whilst the class is suitable for all age groups, seniors and those with compromised mobility, discomfort or pain are the ones most likely to derive most benefit. The classes will focus on daily tasks and functions. Participants need to be loosely dressed, for example a tracksuit, and bring either a blanket or mat to lie on. However not all classes will require a horizontal positions and some will be sitting in chairs or standing. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 9 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 2:30 PM - 3:30 PM

Leaders: Vlad Solowiej,

26EXEM13 Mat Pilates

*** This course is now full with a long wait list and is closed to new enrolments. Strengthen entire core, develop long strong muscles, whilst increasing flexibility and improving overall posture and balance. You will be required to bring your own Pilates mat. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 1 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 8:45 AM - 9:20 AM

Leaders: Dianne Michael,

26EXEM16 Pilates/Fitball

*** This class is now closed to enrolments for 2026. Pilates helps to strengthen the core whilst helping to develop long strong muscles, increasing flexibility and improving posture and balance. You will need to provide your own Fit ball, mat and theraband. Fit ball is used every 3rd class, no ball is required at the first session. You will need to be able to safely get up from the mat and down onto the mat. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 1 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:30 AM - 10:15 AM

Leaders: Dianne Michael,

26EXEM19 Meditation

This class will teach and guide you to totally relax and look after your health and fitness. We start with exercise and breathing and go into meditation. If time permits there will be discussion.

Location: Studio 6 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 10:45 AM - 12:15 PM

Leaders: Carmen Bongailas,

26EXEM23 Self Defence Practical Guide Beginners

This is a practical hands-on class where you will learn various techniques in self defence including pressure points, breaking out of holds, and various other techniques. You will also learn how to stand and move with good balance, coordination. Muscle strengthening in your thighs, your core and arms as well as improve your flexibility. No pre-requisites. Loose or flexible and comfortable clothing and soft shoes. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 2 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 9:30 AM - 10:30 AM

Leaders: Wendy Clark,

26EXEM25 Self Defence Advanced

In this class we will continue to practice the self-defence techniques learnt in the intermediate and beginners class. Finer details and finishing techniques will be added. New techniques will be learnt to address other potential threatening situations. It will be assumed that attendees for the advanced class will carry out some warm ups prior to starting each class. For students that have demonstrated a sound grasp of the techniques learnt in the beginners and intermediate class or equivalent. Loose or flexible comfortable clothing and soft shoes. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period. It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 2 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 8:45 AM - 9:30 AM

Leaders: Wendy Clark,

26EXEM29 Introduction to Tai Chi

This is a course for beginners interested in exploring Taichi. This course will run in Terms 3 & 4 2026. We will focus on the fundamental movements of Taichi by introducing Taichi 8 form, with emphasis on co-ordination, balance and breathing. This course will lead into Taichi 24 Simplified Yang Style next year for those who want to go further.

Location: Studio 1 NCH

Dates: 15 Jul 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 11:45 AM - 12:45 PM

Leaders: Dorothy Li,

26EXEM34 Tai Chi 1A Balance & Coordination

*** This course is now full with a long wait list and is closed to new enrolments. This class is suitable for beginners and those who have done a little bit of Tai Chi. The emphasis is on the basic Tai Chi movements, breathing and mindfulness techniques. You will learn how to improve your balance and relaxation, and regulate your 'chi' through balance and coordination whilst maintaining and improving your health and fitness. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 2 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 12:15 PM - 1:15 PM

Leaders: Grazyna Kubic,

26EXEM37 Tai Chi 2 Shibashi

A gentle and beautiful Oriental exercise.

Location: Studio 2 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 11:15 AM - 12:15 PM

Leaders: Evelyn Bowman,

26EXEM40 Tai Chi 3A Qigong

Qigong uses Tai Chi principles but does not involve learning a specific form. It involves the integration of physical movement, mental concentration, and regulated breathing to help build and direct the flow of Chi (Qi) life force around the body. This enhances health and wellbeing. We do several different sets of Qigong exercises including Shibashi, Lotus, 5 Elements and 8 Golden Brocade exercises. The class does not require previous experience and students can adapt for levels of physical ability. However, if in doubt, seek medical advice about participating

Location: Studio 2 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 9:30 AM - 10:15 AM

Leaders: Stella Pak,

26EXEM43 Tai Chi 3B Qigong

Qigong uses Tai Chi principles but does not involve learning a specific form. It involves the integration of physical movement, mental concentration, and regulated breathing to help build and direct the flow of Chi (Qi) life force around the body. This enhances health and wellbeing. We do several different sets of Qigong exercises including Shibashi, Lotus, Lohan and 8 Golden Brocade exercises. The class does not require previous experience and students can adapt for levels of physical ability. However, if in doubt, seek medical advice about participating

Location: Studio 2 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 10:30 AM - 11:15 AM

Leaders: Maryella Braine,

26EXEM46 Tai Chi Fan Beginners

Tai Chi fan is like an intentional dance that can improve flexibility, mobility and stress. Harvard study indicated that it sharpens your mind and improves cognitive function. Students need to wear comfortable clothing and soft soled shoes. You also need a Tai Chi Fan available online from Hong Kong or at the Chinese shop opposite Dimmey's in Box Hill. You can only enrol in 1 Tai Chi Fan class.

Location: Studio 1 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 2:15 PM - 3:30 PM

Leaders: Sew Sharma,

26EXEM49 Tai Chi Sword & Fan

*** This course is now full with a long wait list and is closed to new enrolments. Yang style Tai chi sword and fan is a gentle and graceful form of Tai chi, that is easy to learn and practice. This style can be learned by all adults and can help with your balance, strength and memory. Come along to learn something new and enjoy an hour of fun. Comfortable clothes and sports shoes are essential, as well as bringing your own Tai chi fan and sword. Spaces for enrolment are to be limited due to the importance of keeping enough space between members during practice with the sword. You can only enroll in 1 Tai Chi Fan class.

Location: Stadium NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 2:45 PM - 3:45 PM

Leaders: Cindy Din,

26EXEM52 Taiji Fan

Taiji Fan is a very beautiful practice that teaches connected movements with fine hand motions. You need to have strong body balance to attend this class. The fan forms are unique for adding elements of surprise with their brilliant displays of colour and loud popping noises made when the fan opens. During the exercise, movements are designed to align the body and keep it in rhythm with the mind and spirit, which is said to have benefits in physical health and stress as well as improving coordination. This is the continuation of 'Sunset Taiji Fan' You can only enroll in 1 Tai Chi Fan class. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 1 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12:45 PM - 1:45 PM

Leaders: Lan Tiet,

26EXEM55 Walking Qigong 1

Walking stimulates the Qi or vital energy in the body, just like Qigong builds Qi (energy) and dissolves stress and builds up our cardio. Just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat and boost muscle power and endurance. This class includes 30 mins walking (for cardio) and 30 mins cool down with Qigong concentrating on tendons and muscles.

Location: Studio 2 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 2:45 PM - 3:45 PM

Leaders: Jasmine Teen,

26EXEM58 Walking Qigong 2

Walking stimulates the Qi or vital energy in the body, just like Qigong builds Qi (energy) and dissolves stress and builds up our cardio. Just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat and boost muscle power and endurance. This class includes 30 mins walking (for cardio) and 30 mins cool down with Qigong concentrating on tendons and muscles.

Location: Studio 1 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 9:30 AM - 10:30 AM

Leaders: Jasmine Teen,

26EXEM61 Yang Family Taiji Quan Beginner

An introduction to the traditional 103 postures Long Form of the Yang Family School of Taiji Quan, as was taught by Yang Cheng Fu. Students will be instructed on Part 1 and Part 2 of the Long Form which consists of 54 postures, as well as the Eight Section Brocade and Lotus Qigong forms. Proficiency and health benefits will only be achieved through regular attendance and practice.

Location: Stadium NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 12:45 PM - 1:45 PM

Leaders: Frank Chai,

26EXEM64 Yang Family Taiji Quan Intermediate

This class is not for Beginners. Students must have completed the Beginner Level class or equivalent. Students will be instructed on Part 3 of the Long Form completing the 103 postures of the traditional Yang Family Long Form. Students can expect to further improve their form and proficiency as well as develop a greater understanding of the full benefits of Taiji. If there is time, the Yang Family Senior (26) Form may also be taught.

Location: Stadium NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 2:00 PM - 3:00 PM

Leaders: Frank Chai,

26EXEM67 Yang Family Taiji Quan Advanced

This class is restricted to only those students who have completed the Intermediate Level class and have demonstrated an acceptable level of proficiency and commitment. To further improve and develop proficiency and skill, the Mirror Form of the Long Form will be practiced. To further understand and appreciate the martial aspects of Taiji Quan, the San Shou Dui Da (Two - Persons Sparring Form) will also be taught. (Please note that due to accommodation limits student numbers are strictly limited in this class) Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 1 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 12:30 PM - 2:00 PM

Leaders: Frank Chai,

26EXEM73 Laughter Yoga

Laughter Yoga suits any age. It combines Laughter with Yoga breathing while we exercise. In Laughter Yoga we laugh a lot, sometimes real laughter, sometimes forced laughter because your brain doesn't know if laughing is real or fake and still releases a 'happy hormone' when we practice Laughter Yoga. The various movements and stretching combined with laughter can relax stress, enhance immunity, improve mood, prevent physical decline, improve personal health and make people happy. This class is predominantly done whilst standing but can be undertaken from a seated position. Please wear comfortable clothes and flat shoes (such as runners). Bring water to drink during the class. A Yoga mat is NOT required.

Location: Studio 2 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 2:15 PM - 3:15 PM

Leaders: June Cheung,

26EXEM76 Moving, Breathing, Sensing with Yoga

This class aims to develop deeper awareness of our body, our movement and our breathing. We will practise exploring and learning to 'listen' to our bodies. We will practise moving and breathing mindfully. We will learn to move our bodies and use props to support us. Each participant should bring an appropriate firm yoga mat and a medium-sized towel. Participants will be advised on the use of other props such as foam blocks and straps in class. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. This class does not start until 26th March 2026 and will end 17th Sept. 2026.

Location: Studio 1 NCH

Dates: 26 Mar 2026 - 17 Sep 2026

Schedule: Weekly on Thursday 5:30 PM - 6:30 PM

Leaders: Gillian Teo,

EXERCISE MOVEMENT & MEDITATION Restricted

26EXEMR1 Stretch & Strengthen

*** This course is now full with a long wait list and is closed to new enrolments. This gentle exercise class is designed for beginners. Set to soothing music, the class draws from both yoga and Pilates, with a key emphasis on gently stretching all parts of the body to increase flexibility. Also included are weight bearing poses which build strength and balancing exercises to improve balance. A short relaxation is held at the end of the class. Bring your own yoga mat. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEMR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Stadium NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 9:00 AM - 10:00 AM

Leaders: Elizabeth Bednall,

26EXEMR2 Floor Yoga

This small class is designed for people who love yoga (beginner - advanced) but have difficulty getting up and down off the floor. The yoga class will be fully conducted on the floor and will combine relaxation, breath work and yoga poses. Also included will be some Pilates moves, designed to strengthen the core. The benefits will include stretching muscles and tendons, strengthening bones and very gently twisting the spine to bring greater mobility and flexibility, together with inducing a sense of well being and calm. Participants will need to bring along a yoga mat. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEMR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Note: You can only do 1 restricted EXEMR class.

Location: Studio 6 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:00 AM - 9:45 AM

Leaders: Elizabeth Bednall,

26EXEMR3 Yoga and Relaxation

This Yoga class focuses on developing body awareness and exploring how the breath connects movement with the nervous system. We move mindfully through sequence of poses designed to support flexibility, strength, and balance. Each class concludes with 15 minutes of guided relaxation, incorporating visualization and conscious breathing to help release any maintaining tension. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEMR group. Bring a thick Yoga mat and a cushion. Due to the progressive nature of this class, new participants cannot join in Term 4 Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Studio 2 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 8:45 AM - 10:15 AM

Leaders: Carola Lehmer,

26EXEMR5 Yoga Beginners

This beginners class introduces fundamental principles of alignment, and breath work. Members will be introduced to Yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on member understanding, safety, and stability within each pose. To get the most out of your Yoga session you need to be able to squat and rise from the floor comfortably. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEMR group. Bring a Yoga mat. Note: It is each members own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Stadium NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 2:30 PM - 3:45 PM

Leaders: Lan Tiet,

26EXEMR7 Yoga with Yvonne

This class is suitable for members with a moderate level of physical fitness. It's a combination of Flow Yoga poses accompanied by various options with an emphasis on techniques to achieve stretching, strengthening & toning the muscles and improve the flexibility and balance. To get the most out of your Yoga session you need to be able to squat and rise from the floor comfortably. BYO Yoga mat (not spongy mat), Yoga blocks and Yoga strap. Note this is a RESTRICTED class and you may only enrol in one class from the 26EXEMR group. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Stadium NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:30 AM - 10:30 AM

Leaders: Yvonne Woon,

EXERCISE SPORT

26EXES03 Badminton

*** This course is now full with a long wait list and is closed to new enrolments. If you have any racquet skills, play tennis, squash or badminton, come along to a fun class. All standards welcome. You will need sports attire including white soled sports shoes. The class is designed for members to have fun and improve fitness. Must bring your own racquet. \$2 per week to cover cost of shuttles. Leaders: Jean Tomlinson, Graham Haynes, George Wilson. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt members should consult their health professional.

Location: Stadium NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 12:30 PM - 3:00 PM

Leaders: Jean Tomlinson,

26EXES06 Golf: Men's group

Experienced players only. Come along and enjoy an early morning social game. Meet at Pro Shop. Green fees are \$20.00 for Seniors for nine holes. Bookings need to be made so each player must confirm attendance by email with the Leader. Contact details will be provided when you are accepted into the class. Venue: Morack Golf Course cnr Morack and East Roads Vermont South

Location: Morack Golf Course

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 7:00 AM - 12 noon

Leaders: George Thomson,

26EXES15 Lawn Bowls-Introduction Term 3

Lawn Bowls is the royal and ancient outdoor/indoor game of skill and fellowship. This class is an entry level session for both the novice and the lapsed bowler. Accredited coaches will introduce students to the basics of the game. Each session will include theory and hands-on practice, covering the following criteria: 1. Bowls terminology, rules and etiquette 2. How to deliver the bowl 3. Formats of play - Singles, Pairs, Triples and Pennant 4. Tactics, bowling to win. The Club will provide all requisite equipment. Participants are required to wear flat-soled footwear (runners / trainers) or go barefoot. Note: Students are only entitled to participate for a single U3A term per year free of charge. For those wishing to pursue the sport the Club offers an Associate Membership with full access / playing rights. Refer website <https://blackburnnorth.bowls.com.au> Co-Leader - Club volunteers including U3A participants from previous terms. Location: Blackburn North Bowling Club 93 Springfield Road directly opposite Blackburn High School (use Heppner Street to access parking and entry into the venue) Scheduling: Weekly Day: Thursday, 1:00 PM - 3:00 PM

Location: Blackburn North Bowls 93 Springfield Road Blackburn North

Dates: 16 Jul 2026 - 17 Sep 2026

Schedule: Weekly on Thursday 1:00 PM - 3:00 PM

Leaders: Giancarlo Blasetti,

26EXES18 Lawn Bowls-Introduction Term 4

Lawn Bowls is the royal and ancient outdoor/indoor game of skill and fellowship. This class is an entry level session for both the novice and the lapsed bowler. Accredited coaches will introduce students to the basics of the game. Each session will include theory and hands-on practice, covering the following criteria: 1. Bowls terminology, rules and etiquette 2. How to deliver the bowl 3. Formats of play - Singles, Pairs, Triples and Pennant 4. Tactics, bowling to win. The Club will provide all requisite equipment. Participants are required to wear flat-soled footwear (runners / trainers) or go barefoot. Note: Students are only entitled to participate for a single U3A term per year free of charge. For those wishing to pursue the sport the Club offers an Associate Membership with full access / playing rights. Refer website <https://blackburnnorth.bowls.com.au> Co-Leader - Club volunteers including U3A participants from previous terms. Location: Blackburn North Bowling Club 93 Springfield Road directly opposite Blackburn High School (use Heppner Street to access parking and entry into the venue)

Location: Blackburn North Bowls 93 Springfield Road Blackburn North

Dates: 7 Oct 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 1:00 PM - 3:00 PM

Leaders: Giancarlo Blasetti,

26EXES20 PickleBall - Beginners

This class is now closed to new enrolments. This class is designed for those who are new to Pickleball or have limited experience. Pickleball is a popular paddle sport that combines elements of badminton and tennis. It is played on a badminton-sized court with a perforated polymer ball, either as singles or doubles. Each playing session runs for 2 hours. Players participate in multiple games and each individual game typically lasts between 10 - 20 minutes. Please Note: A non-refundable fee of \$100 is payable for each member per year in two \$50 instalments payable in February and July, to cover the cost of hiring the courts. As this is a beginners class, you can attend the first two weeks as a trial before paying. If you proceed you will be issued with a separate invoice and you will need to pay this invoice at the U3A Reception Desk by Friday 13 February. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt members should consult their health professional.

Location: Sportlink Vermont South 2 Hanover Rd VERMONT SOUTH 3133

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:30 AM - 11:30 AM

Leaders: Jeremy Wee,

26EXES21 PickleBall - Experienced

This class is specifically for players with a solid foundation in pickleball. It is not a beginners class. To ensure all participants can fully engage, players must have reached the required skill level. Each playing session runs for 2 hours. Within this time, players participate in multiple games. Each individual game typically last between 10 - 20 minutes. Please Note: A non-refundable fee (of \$100 in total) is payable in two \$50 instalments payable in February and July, to cover the cost of hiring the courts. You will be issued with a separate invoice for this when you are accepted into the class and will need to pay this invoice at the U3A Reception Desk before your first class. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt members should consult their health professional. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Sportlink Vermont South 2 Hanover Rd VERMONT SOUTH 3133

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 9:30 AM - 11:30 AM

Leaders: Josephine Wee,

26EXES24 Table Tennis

Very informal and friendly group that can cater for beginners to experts. This group will commence playing 13 January, 2026 and usually runs through the school holidays, ending 8 December 2026. Cost per week \$5.00 payable to the leader. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. As this may be a strenuous sport, the leader may ask a member to get a medical certificate if there are any health concerns. If in doubt, members should consult their health professional. Venue: Kilsyth Sports Centre 115 Liverpool Rd, Kilsyth It is important you know the distance you will need to travel to the venue before you enrol in this class.

Location: Kilsyth Sports Centre

Dates: 13 Jan 2026 - 8 Dec 2026

Schedule: Weekly on Tuesday 9:30 AM - 12 noon

Leaders: Colin Smith,

EXERCISE WALKING GROUPS

26EXEW03 Marvellous Melbourne Year 1

*** This course is now full and closed to new enrolments. Marvellous Melbourne: Be a tourist in your own city on the first Wednesday each Month. An opportunity for reasonably active people, with a sense of curiosity, to explore places of interest in and around Melbourne. At times, imagination will be required to look beyond what we see and hear today to seek out the hidden stories in the landscape. We will travel to places such as Naarn, Batmania and Bearbrass; to the haunts of Squizzy Taylor and the sleaze of Little Lon; to the wonder of Coles Book Arcade; to the extravagance of gold rich Melbourne. Pre-Requisites: Most activities will involve negotiating some or all of the following: trains, trams, buses, escalators, steps and uneven ground. Participants must therefore be independently mobile. Full details of destination and other specific requirements will be provided before each walk. Some outings might require the payment of an admission ticket or the services of a guide. An introductory session will be held at U3A Nunawading at the beginning of 2026 before the outings begin in March. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Venue Advised

Dates: 4 Feb 2026 - 4 Nov 2026

Schedule: Monthly, first Wednesday 10:00 AM - 12 noon

Leaders: Maria Ryan,

26EXEW06 Marvellous Melbourne Year 2

Melbourne: Be a tourist in your own city on the second Wednesday of each month. These walks are for those who completed the first series of walks in 2024. Eight new destinations will be available. An opportunity for reasonably active people, with a sense of curiosity, to explore places of interest in and around Melbourne. At times, imagination will be required to look beyond what we see and hear today to seek out the hidden stories in the landscape. Pre-Requisites: Most activities will involve negotiating some or all of the following: trains, trams, buses, escalators, steps and uneven ground. Participants must therefore be independently mobile. Full details of destination and other specific requirements will be provided before each walk. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Venue Advised

Dates: 11 Feb 2026 - 11 Nov 2026

Schedule: Monthly, second Wednesday 10:00 AM - 12 noon

Leaders: Maria Ryan,

26EXEW09 Marvellous Melbourne Year 3

Be a tourist in your own city on the third Wednesday each Month. This new series of walks is designed for those who have completed the two previous years of walks. An opportunity exists for reasonably active people with a sense of curiosity to explore places of interest in and around Melbourne. Pre-Requisites: Participants must be able to access various types of public transport as well as uneven ground. Participants must therefore be independently mobile. It is each members own responsibility to ensure they have an appropriate level of health and fitness before attending these walks. If in doubt, they should consult their health professional. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Venue Advised

Dates: 18 Feb 2026 - 18 Nov 2026

Schedule: Monthly, third Wednesday 10:00 AM - 12 noon

Leaders: Maria Ryan,

26EXEW12 Walking Weekly

Walking is a great way to help you get fit and active. The walks will be between 3 to 5 Kilometres walking at a fast pace. Walks commence at Eley Park Community Association. 87 Eley Road. Blackburn South. U3A Heat Policy Applies. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Eley Park 87 Eley Road Blackburn South

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 9:30 AM - 10:30 AM

Leaders: Susan Muir,

26EXEW15 Walking - Bush

*** This class is now closed to enrolments for 2026. A preliminary walk is required. The leader will contact you by email or phone or you can contact Gillian on 0438 512 900. She will organize the preliminary walk and let you know requirements. Walks are organized on a monthly basis, (generally the Fourth Monday of the month, but may vary due to public holidays). In the rare case of cancellation, members will be contacted. Please allow a full day for the walk. Venues will be emailed or phoned to you. U3A heat policy applies. Day walks usually about 12 km depending on terrain and in bush locations. Tracks may be steep, rocky or muddy. Public toilets or picnic tables for lunch are not generally available during the walk. You will receive a list of essential gear and will need stout walking boots/shoes and wet weather gear. We meet at 8:00 am to arrange car pooling. A good guide to fitness is the ability to walk up the Kokoda steps at Ferntree Gully. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Venue Advised

Dates: 23 Feb 2026 - 26 Oct 2026

Schedule: Monthly, fourth Monday 8:00 AM - 4:00 PM

Leaders: Gillian Wainwright,

26EXEW18 Walking - Nordic

Nordic walking is fitness using walking poles. U3A poles supplied first term. You must be able to walk 5km/HOUR FOR TWO HOURS. Weather conditions may mean the class will be cancelled at the discretion of the Leader or the Course Administrator. You will be contacted if the class is cancelled. Leader will email participants each Term the program of walks. U3A Heat Policy Applies. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Venue Advised

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:30 AM - 11:00 AM

Leaders: Susan Rafferty,

26EXEW21 Walking - Short Day Walks Group 1

These monthly walks are in various locations, reached by public transport. The walks are held on the third Thursday of the month unless advised otherwise. Most walks are about 7km long, with a stop for lunch. The first monthly walk will be in February. Details of the Walks program, including transport, will be available from U3A Reception in the leaders folder from February 6. U3A Heat Policy Applies. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Venue Advised

Dates: 19 Feb 2026 - 19 Nov 2026

Schedule: Monthly, third Thursday 10:00 AM - 3:00 PM

Leaders: Ann Janssen,

26EXEW24 Walking - Short Day Walks Group 2

These monthly walks are in various locations, reached by public transport. The walks are held on the second Thursday of the month unless advised otherwise. Most walks are about 7km long, with a stop for lunch. Details of the Walks program, including transport, will be available from U3A Reception. U3A Heat Policy Applies. The first monthly will be in February. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Venue Advised

Dates: 12 Feb 2026 - 19 Nov 2026

Schedule: Monthly, second Thursday 10:00 AM - 3:00 PM

Leaders: Ann Janssen,

26EXEW27 Walking Group 1

Walking is one of the best weight-bearing exercises to keep you fit and healthy. Join this friendly group and explore new territories. Leader will email participants each Term with the program of walks. U3A Heat Policy Applies. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Venue Advised

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 10:00 AM - 12 noon

Leaders: Adrienne Jardine,

26EXEW30 Walking Group 2

Walking is one of the best weight-bearing exercises to keep fit and healthy. In this group, we do varied walks of 6-8km, over about 2 hours, and usually within a 10-30 minutes drive from Nunawading. Optional coffee or lunch follows. Leader will email participants each Term with the program of walks, and a reminder with the parking map will be sent out each week. U3A Heat Policy Applies. Note that during February, walks will start at 9.30am and may be shortened to beat the heat. Start time will revert to 10.00am from March. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Venue Advised

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 10:00 AM - 12 noon

Leaders: Glenn Claiden,

26EXEW33 Walking Group 3

Walking is one of the best weight-bearing exercises to keep fit and healthy. In this group, we do varied walks of 7-8km (or 4km per hour), over about 2 hours, and usually within a 10-30 minutes drive from Nunawading. Participants will need to consider that walks will not necessarily be always on flat ground. Walkers should use appropriate footwear which can be discussed during the first few walks. In warm weather walkers are encouraged to carry some water. A detailed list of venues/walks will be emailed to members, including parking suggestions. U3A Heat Policy Applies. Note that during February and March, walkers will meet at 9:15 sharp for a 9:30 start and walks may be shortened to beat the heat. Start time will revert to 9:45 arrival for 10:00 am start from 1 April. Some walks will not have access to public toilets. It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Venue Advised

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 10:00 AM - 12 noon

Leaders: Robert Vecchi,

26EXEW36 Walking, Talking and Exploring

Walks will be held on the first Friday of the month unless it is a public holiday or U3A Term break. Each walk will be different. Some walks will be close (within 20 mins), sometimes you will need to drive further but car pooling will be organised. You need to be able to walk-up to 10 klm at a moderate pace on flattish ground. We will stop and have breaks. You will need to have good walking shoes or boots, a sun hat, and a small backpack. Normally you will need to BYO lunch and something to drink. Sometimes we will stop to have tea or coffee at a Cafe. You need to have a mobile phone and an email address. You will also need a topped-up Myki Public Transport card. Most of all you need to be flexible and friendly. Note: It is each member's own responsibility to ensure they have an appropriate level of health and fitness before attending this class. If in doubt, members should consult their health professional.

Location: Venue Advised

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Monthly, first Friday 10:00 AM - 3:00 PM

Leaders: Robert Vecchi,

FINANCE AND INVESTMENT

26FIN007 Share Trading Discussion Group 1 (Zoom)

A discussion group via Zoom for those who have a knowledge of investing and share trading. It will be based on Incredible Charts. This is not a class advising you what to do with your money but purely a discussion group. Amongst other items, discussion may be centred around weekly financial events.

Location: Zoom

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 9:00 AM - 11:00 AM

Leaders: Archie Kaan,

26FIN010 Share Trading & Investing 3

A discussion group for those thinking about getting started in investing and share trading. This is not a class advising you what to do with your money but purely a discussion group. Amongst other items, discussion may be centred around weekly financial events. There will be some discussion on the basics in the first sessions to get everybody up to speed and to be able to participate in the group. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 4 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 2:15 PM - 3:45 PM

Leaders: Werner Ebert,

26FIN013 Share Trading & Investing 4

*** This course is now closed to new enrolments for 2026 A discussion group for U3A members who have both experience and knowledge as share traders and/or investors. The class focus is the Australian market of shares and investment. This is not a teaching group and topics discussed should never be perceived as professional advice Previous experience with share trading and/or investing is essential for this group. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 4 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 2:30 PM - 4:00 PM

Leaders: Sue Ebert,

26FIN014 Share Trading Discussion Group 5

A discussion group for those who have some knowledge of investing and share trading. This is not a class advising you what to do with your money but purely an informal discussion group. Amongst other items, discussion may be centred around weekly financial events. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 5 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:00 AM - 10:30 AM

Leaders: Grazyna Kubic,

26FIN016 Australian and USA Shares - Trading

A discussion group about trading Australian and USA Shares. Basic technical analysis as well as fundamentals of stocks. For beginners and experienced. Participate in a lively discussion and videos etc, on topical issues that can effect the share markets. This is not a class advising you what to do with your money, but purely a discussion group. No financial advice given

Location: Studio 4 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 2:45 PM - 3:45 PM

Leaders: Michael Barker,

GAMES

26GAM003 Card Game Hand & Foot

If you enjoy playing Hand & Foot or want to learn how to play this card game, you are welcome to join this group. Some knowledge of cards is necessary. If you have played Canasta you will soon pick up Hand & Foot.

Location: Meeting Room 4 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 11:15 AM - 2:15 PM

Leaders: Betty Boucher,

26GAM006 Chess

All levels are welcome from beginners to advanced players. Come and enjoy a friendly challenge.

Location: Studio 9 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 1:30 PM - 3:30 PM

Leaders: Alan Gray,

26GAM009 Chinese Chess Beginners

Come have some fun learning Chinese chess (Xiangqi). Learn to recognise the different pieces and rules of the game. How each of them move and capture the opponent's pieces. We will also be teaching basic attack strategies and having fun solving chess puzzles. If you already know how to play, you are more than welcome to play and improve your game.

Location: Meeting Room 3 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 1:00 PM - 2:30 PM

Leaders: Yit Parn,

26GAM012 Codeword Puzzles.

Where do we start? Ever wondered how to solve these tricky word puzzles that don't contain any clues? In this class I will share some tips and strategies on how to solve complex Codeword Puzzles. Each week we will have a new puzzle which we can brainstorm together. Prerequisites are a solid English vocabulary and good knowledge of word formation. Class will run on the 2nd,4th Wednesday of the month. All materials supplied. Bring a pencil and eraser.

Location: Studio 5 NCH

Dates: 22 Apr 2026 - 11 Nov 2026

Schedule: Monthly, second, fourth Wednesday 11:15 AM - 12:30 PM

Leaders: Linda Hammond,

26GAM015 Contract Bridge Beginners

This class will prepare students to participate in the unsupervised class on Monday afternoon and will concentrate initially on the bidding protocols using STANDARD AMERICAN. Abbreviated notes will be distributed to all students. Exposure to 500 or a similar card game will be an advantage but is not essential. The fun starts with discussion on the play of the cards as part of game play. This is a place to learn how to play bridge in a safe and encouraging environment.

Location: Meeting Room 2 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 11:35 AM - 12:25 PM

Leaders: Michael Coates,

26GAM018 Contract Bridge

This class is for people who already know how to play Bridge and would like to join a friendly group to improve their Bridge skills and have some fun. This is not a training class for beginners.

Location: Meeting Room 2 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12:30 PM - 4:00 PM

Leaders: Gilbert Foster,

26GAM021 Cryptic Crosswords Beginners

If you enjoy doing crosswords but find cryptic crosswords puzzling, then this class is for you. You will learn about the different types of cryptic crossword clues, solve some simple clues and then move on to solving simple cryptic crossword puzzles. BYO Pen, pencil, eraser, paper

Location: Studio 4 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:30 AM - 10:30 AM

Leaders: Shane Sexton,

26GAM024 Cryptic Crosswords - Experienced

This class is suitable for either previous participants of the Cryptic Crosswords class or those who have prior knowledge and experience of cryptic crosswords. It is not intended for complete beginners. Participants will engage in cryptic crossword puzzle solving, sharing their ideas and participating in group discussion. Although serious in our solving endeavours, the class is designed to be light-hearted and friendly with no pressure. Require pen, pencil, eraser and paper.

Location: Meeting Room 5 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:30 AM - 12:30 PM

Leaders: Shane Sexton,

26GAM027 Fishing for Fun

This class will cover fish species, where to fish, when to fish, tackle to use, rigs, knots, fishing freshwater, fishing saltwater - rocks, piers, beach, bait and learn to think like a fish.

Location: Studio 3 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12:45 PM - 2:15 PM

Leaders: Mike Davies,

26GAM030 Mah Jong Eastern

*** This course is now full with a long wait list and is closed to new enrolments. Leaders Herbert and Stella Yim and Doris and George Chan. This is a tile based game, developed in China and now popular throughout the World. Enjoy the class in a relaxed social atmosphere. Beginners welcome.

Location: Studio 2 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 12 noon - 2:00 PM

Leaders: Herbert Yim,

26GAM033 Mah Jong Western

This is a fascinating ancient Chinese game played with small decorated tiles. Come and enjoy a sociable and pleasant session. Beginners welcome.

Location: Meeting Room 2 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:30 AM - 11:30 AM

Leaders: Valerie Lynch,

26GAM036 Scrabble

Recent Canadian research has shown that playing Scrabble may lower the risk of mental illness, make you happy, reduce blood pressure, improve the immune system, and improve memory. This is a relaxed and very friendly group. Please join us and have fun.

Location: Meeting Room 2 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 2:00 PM - 3:45 PM

Leaders: Lynette Arnold,

HISTORY

26HIS001 Ancient Egyptian History

This class will take us from the pyramids to the golden treasures of Tutankhamun to Cleopatra and the end of Pharaonic Egypt. Pyramids, mummies, mystery and mayhem - Ancient Egypt had it all. Discover the marvels of this ancient, vibrant and fascinating civilisation.

Location: Meeting Room 5 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12 noon - 1:00 PM

Leaders: Joan Kelleher,

26HIS004 Australian History 1

This class will explore various aspects of the history of Australia with a focus this year on the beginning of settlement of Australia. Social, cultural, economic and political aspects will be explored. The experiences and perspectives of the ordinary person, as well as the key players, will be included. A range of historical interpretations and perspectives will be examined. This class runs the second and fourth Fridays of the month.

Location: Meeting Room 4 NCH

Dates: 13 Feb 2026 - 20 Nov 2026

Schedule: Monthly, second, fourth Friday 1:00 PM - 2:30 PM

Leaders: Maria Ryan,

26HIS007 Australian History 2

This class will explore various aspects of the history of Australia with a focus this year on beginnings of settlement of Australia. Social, cultural, economic and political aspects will be explored. The experiences and perspectives of the ordinary person, as well as the key players, will be included. A range of historical interpretations and perspectives will be examined. This class runs the second and fourth Fridays of the month.

Location: Studio 6 NCH

Dates: 13 Feb 2026 - 13 Nov 2026

Schedule: Monthly, second, fourth Friday 9:15 AM - 10:45 AM

Leaders: Maria Ryan,

26HIS010 Australian History: First Nations Year 2

This class will continue to explore aspects of First Nations cultures and social structures to enrich our appreciation of the oldest continuous human culture on earth which is a significant part of our nation. This knowledge will help deepen our awareness of the ongoing impact of European settlement to better understand our history since 1788. This class runs 1st and 3rd Fridays of the month. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 4 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Monthly, first, third Friday 11:15 AM - 12:45 PM

Leaders: Maria Ryan,

26HIS013 British History

Using a range of visual and documentary material, this class will take you on a journey through the reigns of the Tudors and Stuarts and beyond. In addition, we will look at life in and the history of different regions in Britain. Moreover, we will study the art, literature and politics of each of the five nations, which make up the British Isles.

Location: Meeting Room 4 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 12:30 PM - 2:00 PM

Leaders: Ivan Glynn,

26HIS016 European History

This class is now closed to new enrolments. This class will discuss various topics of European History.

Location: Meeting Room 4 NCH

Dates: 3 Feb 2026 - 3 Nov 2026

Schedule: Weekly on Tuesday 11:15 AM - 12:15 PM

Leaders: Tony Walther,

26HIS019 Family History Genealogy Beginners

This class is for the Beginner Genealogists / Family historians.

Location: Meeting Room 5 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 2:00 PM - 4:00 PM

Leaders: Ingrid Nelson,

26HIS022 Family History Genealogy Experienced

This class is for the Experienced and Advanced Genealogists / Family historians. Pre-Requisites: Must have attended the Beginners class for 1 year prior to attending the experienced class

Location: Meeting Room 5 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 11:30 AM - 1:30 PM

Leaders: Ingrid Nelson,

26HIS025 Film and History

This class will involve the viewing of a range of films about a variety of issues, many of which (but by no means all) are set in the past. After viewing each film, there will be time available for discussion. Background material related to most of the films will be presented.

Location: Meeting Room 5 NCH

Dates: 4 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Wednesday 1:45 PM - 4:00 PM

Leaders: Ivan Glynn,

26HIS034 Military History

This class will cover topics from early classical times to present day. It includes weaponry, strategy, tactics, the reasons for battles, campaigns and wars on land, sea and air. Class members are encouraged to take an active role in presenting topics.

Location: Meeting Room 4 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 9:15 AM - 11:00 AM

Leaders: Gilbert Foster,

26HIS037 Movies through the Decades

Throughout the year we will view and discuss a broad range of films from different genres and eras as well as those involved in bringing them to the screen. Class members are encouraged to suggest films for viewing. Join us for this Friday morning 'Movies with Friends'.

Location: Meeting Room 5 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 9:00 AM - 11:15 AM

Leaders: Mervyn Seeney,

26HIS040 Revolutions

This course will look at Revolutions that changed the world and reverberate into the present day. The American, French and Iranian Revolutions will be studied

Location: Studio 6 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 1:15 PM - 2:15 PM

Leaders: Eileen Hosking,

26HIS043 The Origins of Mankind

Where do we come from? What is it that makes us human? This course will study the evolution of man, and some of our closest but now extinct relatives before moving on to the Stone Age. The Stone Age was the kindergarten and primary school for humanity. The manufacture of tools and weapons, the domestication of plants and animals and early human settlement took place in this period. Later in the year the course will look at early villages, temples, trading routes and fascinating constructions such as hill forts, stone circles, passage tombs and more. No prior knowledge is required, only a fascination with our own exciting prehistory and a willingness to read the texts or view the videos recommended, and participate in class discussion.

Location: Meeting Room 4 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 11:15 AM - 12:15 PM

Leaders: Gilbert Foster,

26HIS046 Unravelling the Mystery

We will explore myths, legends, inventions, people, places and events across the world and across time. Basically anything that catches our imagination and raises questions for us. Class members are encouraged to make suggestions for discussion and to take an active role in presenting topics.

Location: Meeting Room 5 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 1:15 PM - 2:15 PM

Leaders: Joan Kelleher,

HUMANITIES

26HUM001 Current Affairs 1

*** This course is now full with a long wait list and is closed to new enrolments. Participate in a lively discussion and debate on topical issues in a friendly atmosphere. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 5 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 10:45 AM - 11:45 AM

Leaders: Mike Turner,

26HUM004 Current Affairs 2

Participate in a lively discussion and debate on topical issues in a friendly atmosphere.

Location: Meeting Room 5 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 11:15 AM - 12:15 PM

Leaders: John Lockwood,

26HUM007 Current Affairs 3

Participate in a lively discussion and debate on topical issues in a friendly atmosphere.

Location: Meeting Room 4 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 9:30 AM - 10:45 AM

Leaders: Geoffrey Cattermole,

26HUM010 Current Affairs 4

*** This course is now full with a long wait list and is closed to new enrolments. Participate in a lively discussion and debate on topical issues in a friendly atmosphere. A wide range of views and active participation encouraged.

Location: Meeting Room 4 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 1:00 PM - 2:00 PM

Leaders: John Rogan,

26HUM013 Current Affairs 5

Participate in a lively discussion and debate on topical issues in a friendly atmosphere.

Location: Studio 4 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 11:15 AM - 12:15 PM

Leaders: Lindsay Glen,

26HUM016 Empowerment

How much did you learn about how to have a great life on the inside? Most of us only learn about the things that are outside of us when the real education we need is about 'how do I make my mind work for me instead of against me?' Come and join me as we explore how you create your own reality, to know yourself better and to create an even more fulfilling life you cherish. This is an invitation to stop living life on the surface and start living life deep. Bring along a frame of mind based on curiosity, exploration and some fun.

Location: Studio 8 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 10:30 AM - 11:45 AM

Leaders: Paulina Chong,

26HUM019 Finding your Creative Writing Voice

This class will introduce you to # How to get started # Feeling free to write # Observations # Finding ideas and brainstorming # Building characters # Beginnings and endings # Making story compost and putting it all together. Suggested material to bring: A blank A4 scrapbook or blank art book to use as a journal, a keeper of ideas. Blue/black pen or dark grey lead, that is easy to read, lined paper or exercise book and a dictionary/thesaurus - this could be a phone app, or the book version.

Location: Studio 8 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 1:15 PM - 2:45 PM

Leaders: Merrilyn Velcek,

26HUM025 Keep Your Brain Active (Terms 3&4)

It is as important to maintain cognitive function as we age as it is to maintain our bodily health. It is necessary to have a variety of types of stimuli and not just the one eg crosswords. This we can achieve with the many types of logic puzzles available: the misuse of probabilities and statistics; optical illusions; magic tricks; any phenomena that makes us think outside the box, that gives us an Ah Ha moment. This class will make you think but it will not be stressful: it will be great fun. This class will run in Terms 3&4 in 2026 and is a repeat of the Classes run in Terms 1&2.

Location: Meeting Room 5 NCH

Dates: 14 Jul 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:30 AM - 11:00 AM

Leaders: Tom Edwards,

26HUM028 Speakers Group

A unique opportunity to develop or enhance multiple personal skills in one fun and entertaining class. The potential for skill development in the following areas: Communication, presentation, listening and leadership. Skills needed everyday for building self-confidence, raising personal morale and enhancing the ability to participate in and enjoy social activities. Involves some speaking to the group in a non-threatening, positive environment. Experienced speakers and learners are welcome. Participants must be able to communicate clearly in the English language.

Location: Meeting Room 4 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:15 AM - 10:30 AM

Leaders: Tom Saunders,

26HUM031 Literature Appreciation

Using a selection of texts we discuss a wide range of works of fiction and non-fiction. Ideas and themes are examined, as well as ways in which writers use settings, characterization plot and imagery. We look at a book once a month, a short story, poetry or novella at the other meeting for the month. Members may offer to present a book and lead discussion. Members will need to source their own copy of chosen texts. First and Third Friday of the month.

Location: Studio 3 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Monthly, first, third Friday 10:45 AM - 12:15 PM

Leaders: Lorraine Spiteri,

26HUM034 Mindfulness

This class combines mindful meditation practice with discussion on a range of evidence based mindfulness concepts. The aim of this class is to help you create an effective daily mindfulness practice that will suit your mindfulness needs and help you discover the positive impact mindfulness can have on your health and happiness.

Location: Meeting Room 5 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 2:30 PM - 3:30 PM

Leaders: Bronwyn Roberts,

26HUM040 Oh My God - Take Pot Luck!

*** This course is now full and closed to new enrolments. Dear atheist, agnostic, hedonist and futurist, is there anything I can say to convince you God is real? 'Yes, take me to the top of Mt Olympus, introduce me to Zeus, and I may believe there is a god'. Not the right god for you? What about Odin, Krishna, Zarathustra or Julunggul the rainbow serpent, even Mahler or Michaelangelo? This is a class that avoids the academic tone of structured comparative religion but instead focuses on History, culture, ethics and artist's representation of God and spirituality across the centuries. Politics is bound to clash with religion. As a participant you will be asked to take 'Pot- Luck'. As a leader I will share my experience, research and curiosity in mankind's search for a reason for being and the role of AI. Be alarmed, but not afraid. Pre-requisites: An inquiring mind and a respect for different points of view. You won't know what to expect and I hope you will share your interests and be open and respectful of different points of view and tastes. Operates 2nd and 4th Tuesday of the month

Location: Meeting Room 5 NCH

Dates: 10 Feb 2026 - 10 Nov 2026

Schedule: Monthly, first, second, fourth Tuesday 2:30 PM - 4:00 PM

Leaders: June MacDonald,

26HUM046 Pathways to Inner Self (Term 3)

This class seeks to investigate questions pertaining to life and identity by stopping, observing and steering us towards a positive attitude, harnessing the power of mind. True understanding is a process to know your powerful self. To know who you TRULY are inside and how to respond rather than react to what is outside. This helps to us to understand Ones' self and cultivate Willpower. Guided by mind or intellect depending upon choices, it is power to create thoughts that empowers self. This is a repeat of the Term 1 class.

Location: Meeting Room 3 NCH

Dates: 15 Jul 2026 - 16 Sep 2026

Schedule: Weekly on Wednesday 1:15 PM - 2:30 PM

Leaders: Keerti Baxi,

26HUM049 Philosophy Phor Phun Discussion

Philosophy can guide us in understanding this increasingly complex world. How does one live a good life? How can one be free? Do humans have free will? What does it mean to know something? How does one know what is true? What is real? Topics relevant to these and other important questions are discussed. Members are welcome to suggest topics they wish to discuss. Please check out the following blog for topics discussed:
<http://philosophyphorphun.blogspot.com/>

Location: Meeting Room 5 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 12:30 PM - 1:30 PM

Leaders: Samuel Au,

26HUM052 Poetry for Pleasure

Read your favourite poets for pleasure. After reading the poetry aloud it will be discussed in terms of historical context, meaning and literary value. Also write and bring along some poems of your own. First, Third and Fifth Monday of the month (5th Mondays in 2026 are 30/3 and 31/8).

Location: Studio 5 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Monthly, first, third, fifth Monday 2:15 PM - 3:45 PM

Leaders: Colin Browne OAM,

26HUM055 Poetry Writing - cancelled

Based on a knowledge of how to read and appreciate published poetry through the ages, we explore the use of poetic forms and devices. With these skills, we develop the craft in writing our own poetry and constructively critique class work in a friendly atmosphere.

Location: Meeting Room 3 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 2:15 PM - 3:45 PM

Leaders: Mary Edgar,

26HUM057 Poetry as a Window into the World

This class commences Term 2: Explore the world of contemporary poetry as a window into our personal and cultural lives. In this class we will investigate the social, political and ethical roles of poetry today. We will work collaboratively and discuss modern poets' approaches to their craft, experiment with a range of writing exercises of our own and help each other develop our own poetry.

Location: Meeting Room 3 NCH

Dates: 24 Apr 2026 - 20 Nov 2026

Schedule: Weekly on Friday 9:30 AM - 11:00 AM

Leaders: Fiona Haines,

26HUM058 Shakespeare for Pleasure

William Shakespeare is considered to be the greatest English language poet and dramatist of all time. His works explore universal truths about human nature, as relevant today as when they were written. This class is designed to enhance our enjoyment and understanding rather than the academic study of his works. Over the year we will view and discuss a range of performances produced for the BBC. This class runs First, Third and Fifth weeks of the month. (5th Fridays in 2026 are 29/5, 31/7 and 30/10)

Location: Meeting Room 4 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Monthly, first, third, fifth Friday 1:00 PM - 2:30 PM

Leaders: Valerie Donlon,

26HUM064 Travel Tips

The aim of this class is to create confidence and enjoyment when travelling, and to ensure you stay safe when travelling solo. Learn from discussing with other members in the class about their experiences. Explore offers on trips, travel insurance and airlines. First and third Thursday of the month.

Location: Studio 5 NCH

Dates: 5 Feb 2026 - 20 Nov 2026

Schedule: Monthly, first, third Thursday 2:30 PM - 3:30 PM

Leaders: Agnes Wong,

26HUM067 Non-Religious Spirituality

Stop identifying with your thinking mind and rediscover that part of you that is not affected by negative thoughts and emotions. Start living peacefully from your original nature. No meditation. Flexible agenda to allow for new starters during the year.

Location: Studio 3 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 11:15 AM - 12:45 PM

Leaders: Colin Carter,

26HUM070 Wine Appreciation

this class is closed to new enrolments. This class will suit those who have an interest in wine and wish to improve their general knowledge of varieties, styles and regions etc. There will be a selection of red, white, sparkling and dessert wines from local and overseas wineries and tastings at the end of each class. Average cost per week for participants is around \$12 - \$15 paid to the leader. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 6 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 2:30 PM - 4:00 PM

Leaders: Philippe De Montignie,

LANGUAGE-CHINESE

26LANC01 Introduction to Mandarin

*** This course is now full and is closed to new enrolments. This class is for students with little or no knowledge of the Mandarin Language. You will need to be prepared to be involved in interactive conversation. You will learn the basics of the Language in preparation for a text book class in 2027. No Text Book for this class. Students to bring, pencils, erasers and Sharpeners. No iPads, phones or any recording devices allowed to be used in the class.

Location: Studio 6 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:45 AM - 1:00 PM

Leaders: Sylvia Chuah,

26LANC04 Chinese 2A

This Language class is a new approach to Learning Chinese. Students need to have some knowledge of Ping Ying. Text book: Intensive Spoken Chinese: Available on-line or International Text Books. ISBN 978-7-8005-2577-3
Author: Zhang Pengpeng.

Location: Meeting Room 5 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 12 noon - 1:15 PM

Leaders: Jane Pearlgood,

26LANC07 Chinese Level 2B

The class will learn from Ni Hao Book 2. In addition, there will be practice in conversation and learning to increase one's vocabulary through songs and other resources, which will be made available periodically. Pre-requisite: Only members who have completed Ni Hao Book 1 are eligible for this class. It is essential that members have Ni Hao Book 2. 2026: 0 then 20 list will be provided

Location: Studio 6 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 10:00 AM - 11:30 AM

Leaders: Scarlett Cheng,

26LANC10 Chinese Level 3A

Students should have a reasonable basic understanding of the Chinese language and have studied at least 2 years of the Language. There will be greater emphasis on character reading and oral presentation. Continuing Text Book: Ni Hao Book 3. Intermediate. Author: Shumang Fredlein and Paul Fredlein. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 8 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 10:15 AM - 11:30 AM

Leaders: Jane Pearlgood,

26LANC13 Chinese Level 3C

The class content covers commonly used vocabulary and sentence patterns in daily life, focusing on the comprehensive development of listening, speaking, reading, and writing skills. It includes Family members and relatives, How to see a doctor, How to describe different seasons, Various professions, Supermarket/vegetable market/shopping, Dining out/order food, Community/neighbours, Travel/asking for directions. Text book 'Easy Steps to Chinese; workbook 3'. This book is designed to help students master Chinese in a relaxed and enjoyable atmosphere through lively and interesting content.

Location: Studio 4 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 12:30 PM - 1:45 PM

Leaders: Sa Li,

26LANC16 Chinese Level 4A

A class for those who have studied at least four years of Chinese language classes with U3A and have completed textbook Ni Hao Book 3 and Pinyin spelling. Textbook for 2026 is Ni Hao book 4. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 4 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 11:15 AM - 12:45 PM

Leaders: Li Chen,

26LANC19 Chinese Level 5

Members of this class should have at least Chinese Level 4 competency. Classical stories, poetry, traditional cultures, various Chinese culinary cuisines, with an introduction of China geography and tourist attractions will be covered. This will be a fun class with interactive subject matters.

Location: Studio 8 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 12 noon - 1:00 PM

Leaders: Joan Yang,

26LANC22 Chinese Level 6

The Leader is from Taiwan where authentic Mandarin is spoken. This class aims to improve the Mandarin oral skills of the participants. Intending members should have an intermediate Chinese literacy level. Each week a subject is given in advance for subsequent in-class discussion or role play. Talking topics include daily activities, Chinese culture, history and philosophy.

Location: Studio 4 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 1:00 PM - 2:15 PM

Leaders: Margaret Riseley,

26LANC25 Chinese Level 7

This class is an advanced level class with focus on the Chinese characters, tradition and customs.

Location: Meeting Room 5 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 10:20 AM - 11:45 AM

Leaders: Rongping Press,

26LANC28 Chinese Conversation-General

This class is for the member who has a good knowledge of the Chinese Language and has learning to level 4 or above, and would like to practice speaking, listening and have conversation.

Location: Meeting Room 3 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 12 noon - 1:00 PM

Leaders: Echo Zhou,

LANGUAGE-ENGLISH(AS ADDITIONAL LANG.)

26LANE01 EAL ABC English & Chinese

This special English class is specifically designed for Chinese Seniors in Australia who face difficulties in learning English. It introduces some simple, practical and memorable learning methods, so that everyone can improve and learn to raise the standard together. Live a more convenient, healthy and happy life while learning English! Everyone is welcome.

Location: Meeting Room 5 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 9:00 AM - 10:10 AM

Leaders: Rongping Press,

26LANE04 EAL Beginners 2

*** This class is now closed to enrolments for 2026. This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

Location: Studio 5 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 10:00 AM - 11:00 AM

Leaders: Linda Hollowell,

26LANE07 EAL Beginners 4

This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

Location: Studio 5 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12:30 PM - 1:30 PM

Leaders: Maree Odgers,

26LANE10 EAL Beginners 5

This class is designed to build on basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

Location: Meeting Room 3 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 12:45 PM - 1:45 PM

Leaders: Chesa Cap,

26LANE13 EAL Beginners 6

May 2026 DO NOT TAKE ANY NEW MEMBERS 29/5/26 EMThis class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged along with the reading of simple texts and new vocabulary, including Australian expressions and idioms. Text book: English for everyone Practice Book Level 3 Intermediate is used in this class. Please ensure you have this textbook before the start of term1. Leader can help with translation in Mandarin. Priority will be given to existing students of 2026 class.

Location: Studio 4 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 12:15 PM - 1:15 PM

Leaders: Siew Kim Brooks,

26LANE14 EAL Beginners 7

This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

Location: Meeting Room 3 NCH

Dates: 28 May 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 10:30 AM - 11:30 AM

Leaders: Judith Lim,

26LANE16 EAL Beginners Plus

This class is for members who already speak English, and are seeking to improve their grammar, reading skills and conversation. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

Location: Meeting Room 3 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 2:00 PM - 3:00 PM

Leaders: Veronica Gee,

26LANE19 EAL Intermediate 2

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly. You need to be able to speak English with some degree of fluency. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 1 NCH

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Monday 10:45 AM - 12 noon

Leaders: Elizabeth Fortune,

26LANE22 EAL Intermediate 3

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly. You need to be able to speak English with some degree of fluency.

Location: Meeting Room 1 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:00 AM - 12 noon

Leaders: Elizabeth Sloan,

26LANE25 EAL Intermediate 4

The aims of this small, friendly class are to increase your understanding of both spoken and written English and to develop your confidence when you want to communicate using English. Pronunciation, vocabulary, understanding of grammar and different sentence structures will be continually improved through discussion and conversation as well as short reading and writing tasks. Topics for discussions will depend on what happens during the year as well as the needs and interests of class members. (Some examples: travel, families, festivals, behaviour and language for formal occasions, the arts, sport, song lyrics, Australian humour, some history of Australia, comparing cultures, food!) You need to be able to speak and understand everyday English fairly well. Class information and any written work will be emailed if you have to miss a class. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 3 NCH

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Monday 1:00 PM - 2:00 PM

Leaders: Margaret Junor,

26LANE28 EAL Intermediate 5

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly. You need to be able to speak English with some degree of fluency.

Location: Meeting Room 1 NCH

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Monday 2:00 PM - 3:00 PM

Leaders: Maree Odgers,

26LANE31 EAL Intermediate 6

The aims of this small, friendly class are to increase your understanding of both spoken and written English and to develop your confidence when you want to communicate using English. Pronunciation, vocabulary, understanding of grammar and different sentence structures will be continually improved through discussion and conversation as well as short reading and writing tasks. Topics for discussions will depend on what happens during the year as well as the needs and interests of class members. (Some examples: travel, families, festivals, behaviour and language for formal occasions, the arts, sport, song lyrics, Australian humour, some history of Australia, comparing cultures, food!) You need to be able to speak and understand everyday English fairly well.

Location: Meeting Room 1 NCH

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Monday 9:00 AM - 10:30 AM

Leaders: Charles McKavanagh,

26LANE32 EAL Intermediate 7 Cancelled

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly. You need to be able to speak and understand everyday English with some degree of fluency.

Location: Meeting Room 3 NCH

Dates: 23 Apr 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 10:30 AM - 11:30 AM

Leaders: Judith Lim,

26LANE34 EAL Advanced 1

This class is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud you will improve your grammar and pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive. Students must have English capable of conversation and writing skills. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 3 NCH

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Monday 10:00 AM - 11:15 AM

Leaders: Lola Lane,

26LANE37 EAL Advanced 2 Zoom

This class is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud you will improve your grammar and pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive. Students must have English capable of conversation and writing skills.

Location: Zoom

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 3:30 PM - 5:00 PM

Leaders: Margaret Barwell,

26LANE40 EAL Advanced 3

This class is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud, you will learn more about grammar and practice correct English pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive. You must have English capable of conversation and some writing skill.

Location: Studio 5 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 9:30 AM - 10:45 AM

Leaders: Marie Trembath,

26LANE43 EAL Advanced Discussion Group

An opportunity for people with reasonable English conversation skills to share ideas and opinions in a small, supportive group. The aim is to increase your ability to express yourself clearly and to understand spoken English. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 3 NCH

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Monday 11:30 AM - 12:30 PM

Leaders: Margaret Junor,

LANGUAGE-FRENCH

26LANF01 French Beginners

this class is now closed to new enrolments. This class is for the very beginner in learning the French Language. Text book : BBC Talk French: The ideal course for absolute beginners; Isabelle Fournier - 3rd edition Text book available from Amazon, International Bookshop Kew, and most shops that sell International books. You will need to bring a French Dictionary , Note book and Pen.

Location: Studio 3 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 2:30 PM - 3:30 PM

Leaders: Thuan Nguyen,

26LANF04 French Level 3A

This is a lower intermediate level class for people who have studied French for several years. A basic knowledge of French grammar and verb tenses is required and communicating in French is encouraged. Aspects of grammar and French culture will continue to be involved. Text. Communication Progressive du Francais Niveau Debutant A1 Claire Miquel. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 3 NCH

Dates: 4 Feb 2026 - 4 Nov 2026

Schedule: Weekly on Wednesday 1:00 PM - 2:15 PM

Leaders: Ilsa Rose,

26LANF07 French Level 3B

This class is for those who have completed at least three years of French study. We will work through 'Colloquial French 2 The next step in Language Learning' by Elspeth Broady. In this class, you will refresh your knowledge of French and extend your skills of listening, reading, speaking and writing using vocabulary of everyday situations which you are likely to encounter in French speaking countries. You will need to prepare for each lesson at home and participate in all tasks in a supportive environment. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 5 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 9:30 AM - 11:00 AM

Leaders: Brigitte Ciurleo,

26LANF10 French Level 4A

This is a self help class for students at an Intermediate level. Participants take turns to run the sessions. Text Book: communication Progressive du Francais, Niveau Intermediaire, A2 - B1 Claire Miguel. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 3 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 2:30 PM - 3:30 PM

Leaders: Anne Freeman,

26LANF13 French Level 5A

A higher Intermediate level class for those who have studied French for at least four years. We will continue to use Focus Culture A2 B1 by Denis C. Meyer which aims to explore the fundamentals of French Culture through 80 iconic portraits set out in 6 different themes. Through these texts you will refresh and extend your knowledge of French grammar, vocabulary & culture. Preparation at home & participation in listening, reading, speaking & writing tasks in class are essential. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 4 NCH

Dates: 2 Feb 2026 - 23 Nov 2026

Schedule: Weekly on Monday 10:45 AM - 12:15 PM

Leaders: Brigitte Ciurleo,

26LANF16 French Level 5 B

This class is at an intermediate/advanced level for people to enrich and deepen their French Language skills. We will discuss French grammar and its practical applications and focus on enrichment of vocabulary. Topics of general interest are also covered using a variety of sources. Text: Practice Makes Perfect; French Vocabulary, Elaine Kurbegov. 2nd edition.

Location: Studio 5 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:15 AM - 12:30 PM

Leaders: Ilsa Rose,

26LANF19 French Conversation

This French conversation class is designed for members who have a reasonable level of fluency and who want to improve their French conversation. A small amount of homework is required. No Textbook to purchase.

Location: Meeting Room 5 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 9:00 AM - 10:30 AM

Leaders: Thuan Nguyen,

26LANF21 French Pronunciation

French Pronunciation: Speak with Clarity and Confidence. This class is designed for anyone who wants to sound more French when reading or speaking. Focusing on reading aloud and pronunciation rather than comprehension, the class invites participants to read passages or short stories in French. With the help of the class leader, you'll identify and correct common mispronunciations, refine your intonation, rhythm, and mouth positioning, and develop the musicality that makes French speech flow naturally. Whether you're a beginner looking to gain confidence or an advanced learner aiming to polish your accent, this class provides an enjoyable space to improve your spoken French. By the end of the class, you'll feel more comfortable speaking clearly and expressively - comme un vrai Français!

Location: Studio 8 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12 noon - 1:00 PM

Leaders: Thuan Nguyen,

26LANF22 French for Travellers

This Class is to help you feel confident to travel in France, and to provide a low key introduction to French language via humour and song. Requirements: Sense of humour, no prior French experience needed

Location: Studio 4 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:15 AM - 12:15 PM

Leaders: Owen Crombie,

LANGUAGE-GERMAN

26LANG01 German for Travellers L1 Beginners

This is a class for Beginners, with absolutely no knowledge of German being assumed. German is especially easy to learn for people who speak English. This is because both English and German belong to the same language group. Many of the most common English words have a German equivalent. Pronouncing German is especially easy from a written text. It always sounds as it is written and written as it sounds. Even if your grammar is less than perfect, the Germans will understand you and communication is what matters.

Location: Studio 5 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 11:30 AM - 12:30 PM

Leaders: Dieter Markworth,

26LANG04 German for Travellers L2/3 Interm/Adv

This class follows on from the Beginners class and for 2026 combines Intermediate and Advanced classes. The vocabulary will continue to emphasise the common Germanic origins of both English and German that makes German an easy language to learn. There is opportunity to explore word structure and grammar. Texts will describe travel in various settings and concentrate on German vocabulary that is useful while travelling and exploring.

Location: Studio 5 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 1:00 PM - 2:15 PM

Leaders: Dieter Markworth,

LANGUAGE-ITALIAN

26LANI01 Italian Beginners 1 continuing

*** This course is now full with a long wait list and is closed to new enrolments. This is a continuing class for beginners with limited experience in the Italian language. We will concentrate on the acquiring of language through weekly listening and comprehension, Italian grammar and basic word learning and pronunciation. Some weekly homework is required. Text: Collins easy learning. complete Italian. grammar + verbs + vocabulary. Vengo con te
Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 3 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 12 noon - 1:30 PM

Leaders: Carl Di Giovine,

26LANI03 Italian Beginners

Text: TBA.

Location: Studio 5 NCH

Dates: 10 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 1:15 PM - 2:15 PM

Leaders: Sam Salamone,

26LANI04 Italian Book club

This class will be held on the first Wednesday of the month during the U3A terms. To attend you need a very good knowledge of the Italian language as the books we will be reading and discussing are in Italian. The books will be a mix of contemporary and classics. A reading list will be provided at the start of the year. Participants will be required to source and purchase their own books according to their reading preferences.

Location: Studio 5 NCH

Dates: 4 Feb 2026 - 4 Nov 2026

Schedule: Monthly, first Wednesday 11:15 AM - 12:30 PM

Leaders: Linda Hammond,

26LANI06 Italian Movies (Conversation)

This class will be held on the third and fifth Wednesday of the month during the U3A terms. This is an extension to the Italian Book Club which runs on the first Wednesday of the month. An Italian movie to be watched at home in your own time. The class will then come together to discuss in class. Subtitles may be used, however the discussion will be in Italian. This class is independent of the Book club. It will be ideal for members interested in Italian language and culture, but cannot commit to reading a book. Movies to be watched will be advised by email to members and will be available on free to air Television.

Location: Studio 5 NCH

Dates: 20 May 2026 - 18 Nov 2026

Schedule: Monthly, third, fifth Wednesday 11:15 AM - 12:30 PM

Leaders: Linda Hammond,

26LANI07 Italian Level 2A

This is a continuing class for higher level beginners. Suitable for anyone with some knowledge of the Italian language. Text: To Be Advised. Homework will be sent by email. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 3 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 11:15 AM - 12:30 PM

Leaders: Connie Bramble,

26LANI10 Italian Level 2B Zoom

This is a level 2 class for those who have studied Italian for 2 years or more. This class will concentrate on basic grammar, beginning conversation and pronunciation, and simple reading methods. Homework is expected and will be sent out weekly via email. Text book: Italian made simple by Cristina Mazzone Pre-Requisites: You will need a working computer and a reliable internet connection.

Location: Zoom

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 12 noon - 1:30 PM

Leaders: Linda Froelich,

26LANI13 Italian Level 3B Zoom

An intermediate weekly class for those who have studied Italian for at least three years. This class will concentrate on simple conversation practise, reading and pronunciation of an intermediate level, and simple grammar revision. Homework is expected and will be sent out weekly via email. Text Book: Italian Made Simple. Cristina Mazzoni. Pre-Requisites: At least 3 years of Italian study and a working computer with reliable internet connection.

Location: Zoom

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 2:00 PM - 3:30 PM

Leaders: Linda Froelich,

26LANI16 Italian Level 4A

This class concentrates on extending your knowledge of Italian beyond the text books to practising real-time speaking, listening and comprehension, reading and translation. The aim is to converse in Italian like an Italian. Some homework will need to be undertaken.

Location: Studio 3 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 9:30 AM - 11:00 AM

Leaders: Carl Di Giovine,

26LANI19 Italian Level 4B Zoom

An advanced weekly class for those who have studied Italian for at least four years. This class will concentrate on conversation practice, high level reading and complex grammar. You will need to be competent in Italian to keep up with the class structure. Homework is expected and will be sent out weekly via email. Text Book: TBA Pre-Requisites: You will need a good working computer with reliable internet connection.

Location: Zoom

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 12 noon - 1:30 PM

Leaders: Linda Froelich,

LANGUAGE-JAPANESE

26LANJ01 Japanese Beginners 2

*** This course is now closed to new enrolments. This class is for those who have completed the first year of Japanese Basic Beginners 2 class. Text Book: Japanese for Busy People Book 1. 4th Edition. Not suitable for those who do not have any knowledge of the basics of the Japanese Language. Students must be able to introduce themselves in Japanese, to use 'Useful daily Expressions' with fluency and to be familiar with basic grammar. (You should be able to read Hiragana.) Katakana is also being introduced.

Location: Studio 3 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 9:00 AM - 10:30 AM

Leaders: Yvonne De Sousa,

26LANJ04 Japanese Beginners 1

*** This class is now closed to enrolments for 2026. This is a continuing class from 2025 Basic Beginner 1 class. Second year of Japanese language study with U3A Nunawading. No text book required. The leader will provide material each week. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 8 NCH

Dates: 4 Feb 2026 - 4 Nov 2026

Schedule: Weekly on Wednesday 9:30 AM - 10:30 AM

Leaders: Toshie Burke,

26LANJ07 Japanese Level 3A

This class is a continuing class from 2025. It is an advanced beginners class for those who can talk about everyday events. You will Learn new sentence patters. Materials will be sent to you by email. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 4 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 10:45 AM - 11:45 AM

Leaders: Toshie Burke,

26LANJ10 Japanese Level 2B

This class is a continuing class developing Japanese language skills and cultural understandings. Students must be able to read and write short sentences in Hiragana. Text Book: Japanese from Zero 1 - George Trombley. Once completed, we will be moving on to Japanese From Zero 2 - George Trombley. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 2 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 11:15 AM - 12:15 PM

Leaders: Meryl Teather,

26LANJ13 Japanese Level 3

This is an ongoing class. The students in this class must be able to read and write Hiragana and Katakana with fluency. A reasonable knowledge of grammar is also essential. Text Book: Japanese for busy People Book 2. Edition 4. A pre-intermediate level of reading, comprehension, listening, and conversing in Japanese are essential. It is not recommended for those without a reasonable level of competency in these skills. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 4 NCH

Dates: 5 Feb 2026 - 5 Nov 2026

Schedule: Weekly on Thursday 12:30 PM - 2:00 PM

Leaders: Yvonne De Sousa,

26LANJ16 Japanese Level 4

This is an Intermediate class for people who can talk about everyday events or specific topics. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 4 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 9:30 AM - 10:30 AM

Leaders: Toshie Burke,

26LANJ19 Japanese Level 6

This class is ongoing for those who can read and write Hiragana and Katakana fluently. The focus is on practicing everyday conversation, but also listening and reading practice. There will be a short test during each term. Students should be able to converse well in Japanese. It is essential to endeavour to keep pace with what is being done in class. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 2 NCH

Dates: 20 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 9:30 AM - 11:00 AM

Leaders: Toshiro Ishihara,

26LANJ22 Japanese Language Conversation

Ability to express yourself in everyday Japanese at an intermediate level. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 3 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 11:15 AM - 12:15 PM

Leaders: Yvonne De Sousa,

LANGUAGE-SPANISH

26LANS01 Spanish Level 1 Beginners Plus

This class is now closed to new enrolments. *Alli Vamos!* This is an ongoing class for those who have completed Spanish beginners and beginners plus and/or anyone with foundations of Spanish. The linguistic immersion method is applied to create a natural, authentic environment for learning with the focus on functional communication. Faster Fluency and comprehension. Having fun is absolutely essential. *Hasta Pronto!* Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 8 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 11:30 AM - 1:00 PM

Leaders: Snezana Stojkovic,

26LANS04 Spanish Level 2

Students must have a good knowledge of the Spanish Language. Textbook: 'Spanish Made Simple' by Eugene Jackson & Antonio Rubio. (Can be purchased online).

Location: Studio 5 NCH

Dates: 5 Feb 2026 - 5 Nov 2026

Schedule: Weekly on Thursday 11:30 AM - 1:00 PM

Leaders: Elvira Cifaratti,

26LANS07 Spanish Level 4: Grammar

This class is for those who have already completed an intermediate / advanced grammar class and have a basic knowledge of all key areas of Spanish grammar. The class will target grammatical issues that non-native speakers find difficult and will develop an understanding of nuance in Spanish. There will be opportunities to read and to write, and the textbook will be augmented by materials from other sources, including the Internet. Textbook: Advanced Spanish Grammar (2nd ed., McGraw Hill, 2017) by Rogelio Alonso Vallecillos. Anyone with the appropriate knowledge, who would like to join the class, is invited to enrol and be placed on the waitlist. The leader will then contact you.

Location: Studio 3 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:30 AM - 10:30 AM

Leaders: David Secomb,

26LANS10 Spanish Level 5

A class for those who wish to practise conversing in the Spanish Language. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 3 NCH

Dates: 3 Feb 2026 - 3 Nov 2026

Schedule: Monthly, first, third Tuesday 10:45 AM - 11:45 AM

Leaders: Maria Jenkin,

26LANS13 Spanish conversation

Charlando con amigos Do you want to sharpen your Spanish conversation skills? Do you like chatting about different topics and exchanging ideas? How about doing both? In this class you will be using your Spanish skills to talk about a range of different subjects facilitated by the team leader. No text book required. Ability to present your ideas in Spanish essential.

Location: Meeting Room 5 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 1:00 PM - 2:00 PM

Leaders: Snezana Stojkovic,

MUSIC

26MUS001 Cantonese Opera

Cantonese Opera, an art form inscribed onto the UNESCO list of Intangible Cultural Heritage of Humanity in 2009, is one of the main categories in Chinese Opera. It is a traditional art form with music, singing and acting. Join us to learn the skill of utilising Gong Chi score and singing techniques. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 4 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 9:00 AM - 11:00 AM

Leaders: Yin Wong,

26MUS004 Chinese String Instruments ErHu Group 1

This class is for members who attended the ERHU group 1 in 2025. Suitable for those with some music knowledge and experience playing ERHU. Share and enjoy the beauty of this traditional musical instrument. You will need to bring your own Er HU instrument. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 9 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 11:45 AM - 1:15 PM

Leaders: Kum Fong Lee,

26MUS007 Chinese String Instruments ErHu Group 2

This class is for members who attended ERHU Group 2 in 2025. one of the traditional Chinese string instruments used in Cantonese Opera Music. Share and enjoy the beauty of this traditional musical instrument. You will need to bring your own Er Hu instrument. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 9 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 2:00 PM - 3:30 PM

Leaders: Kum Fong Lee,

26MUS010 Choir

***** This course is now closed to new enrolments. The choir comes together to enjoy a repertoire of music from all eras. Popular, Folk, Musicals and Christmas themes. There is an opportunity for singing in harmony and unison. Pianist Loretto Perkins.

Location: Studio 2 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 10:45 AM - 12 noon

Leaders: Maureen Milton OAM,

26MUS013 Joy of Singing

this class is now closed to new enrolments. This small class is designed for people who love singing and want to improve their singing skills. The singing class will include both theory and practical lessons. The songs are mainly English and Mandarin. The benefits will include breathing techniques, voice control, karaoke singing and song selection, presentation, delivery, and voice projection as a performer. Participants will need to bring along pen and notebook and a flash drive that contains songs that you may want to sing in class. Format should be either MP4 or VOB. Note: no classes 4 Mar 2026 to end of Term 1. Resumes Term 2

Location: Studio 5 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 12:45 PM - 1:45 PM

Leaders: Chun Weng Wong,

26MUS016 Exploring Music

Explore the many by-ways of music; from the less-known works of the great masters to discovering fine works of less-well-known composers. As well as classical music we will also look at some lighter music. Emphasis will be on listening to music. Class discussion welcome.

Location: Studio 4 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 12:30 PM - 2:30 PM

Leaders: Kerry Sole,

26MUS019 Guitar Beginners 1

This is a class for people who are absolute beginners to the guitar. You do not have to be able to read music, just the desire to get some nice sounds out of your instrument. We will cover the basics from how to tune your guitar, playing chords, finger picking, as well as playing basic leads and solos. You will need to bring your own six string guitar. It can be classical (nylon string), acoustic (steel string), or electric. Please note if you are bringing an electric guitar, you will also need to provide your own small practice amp. If you have not purchased an instrument yet, please contact the Course Leader (masaike3109@gmail.com) to discuss before spending any money. This course is NOT suitable for people who can already tune their guitar, play a few chords and/or pick some notes.

Location: Studio 9 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 1:00 PM - 2:00 PM

Leaders: Masa Ike,

26MUS022 Guitar Beginners 4 (Modern Guitar)

This class is for students who want to learn to play the guitar and read music and is suitable for beginners. Members can use acoustic or electric guitar (with pick only). The class will be teaching chords, not finger picking. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period. Members need their own guitar, guitar tuner, music stand, and a foot rest. Music will be provided. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Meeting Room 2 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 2:30 PM - 3:30 PM

Leaders: Luciano Tabacco,

26MUS025 Guitar Fingerpicking 1

This class is for guitarists that have some knowledge of basic chords. The class will examine various finger picking techniques as accompaniments to songs. Classical, acoustic and electric guitars welcome. Please note if you are bringing an electric guitar, you will need to provide your own small practice amp.

Location: Studio 6 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 11:00 AM - 12 noon

Leaders: Masa Ike,

26MUS028 Guitar Fingerpicking 2

This class is for guitarists that have some knowledge of basic chords. The class will examine various finger picking techniques as accompaniments to songs. Classical, acoustic and electric guitars welcome. Please note if you are bringing an electric guitar, you will need to provide your own small practice amp.

Location: Studio 6 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 12:15 PM - 1:15 PM

Leaders: Masa Ike,

26MUS031 Guitar Intermediate

this class is now closed to new enrolments. This class provides the opportunity for playing folk and popular music on the guitar. To join this class, you will need to be able to read and play simple melody, harmony lines and basic chords. While music will be provided, Members are encouraged to play their own music. Before admission to this Class, prospective new Members will need to discuss their relevant experience with the Class Leader. Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 9 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 12:15 PM - 1:15 PM

Leaders: Bob Hayes,

26MUS034 Guitar Sessions for Boomers

Increase your repertoire with 7 new songs from the Baby Boomer era introduced each week. Songs with lyrics and chords are sent a week in advance via email and can be printed off or uploaded to a tablet. Songs are played and sung together as a group. You do not need to be able to read music but will need to know basic guitar chords. You will need a music stand, tuner and a capo. Note - This class does not start until Term 2 2026.

Location: Studio 9 NCH

Dates: 24 Apr 2026 - 20 Nov 2026

Schedule: Weekly on Friday 1:30 PM - 3:00 PM

Leaders: Fred Wachtel,

26MUS037 Keyboard Beginners

This class is for people who want to learn how to play electronic arranger keyboards. You do not have to be able to read music. If you have not purchased an instrument yet, please contact the Class leader (masaie3109@gmail.com) to discuss before spending any money. BYO Keyboard.

Location: Studio 6 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 2:45 PM - 3:45 PM

Leaders: Masa Ike,

26MUS038 Keyboard Beginners 2

This class is for people who want to learn how to play electronic arranger keyboards. You do not have to be able to read music. If you have not purchased an instrument yet, please contact the Class leader (masaike3109@gmail.com) to discuss before spending any money. BYO keyboard

Location: Studio 10 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 12 noon - 1:00 PM

Leaders: Masa Ike,

26MUS039 Keyboard Beginners - Sheet Music

Have you longed to be able to read sheet music and play the keyboard? It's never too late to pick up a new skill. Learning to play the keyboard offers benefits like improved memory and problem-solving skills and creative benefits such as enhanced self-expression and musicality. It can also reduce stress, boost coordination and build discipline and confidence. Come and join our class for some fun while learning to play the keyboard. Practice (homework) between classes is essential. Bring your own keyboard (with a minimum of 61 keys), notebook & pen / pencil. A beginner's course book will be provided, cost \$25 to be paid to the leader.

Location: Meeting Room 4 NCH

Dates: 23 Apr 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 2:30 PM - 3:30 PM

Leaders: Ewah Lee,

26MUS040 Modern Band Arrangement 1

This class is for intermediate players of guitars, keyboards, bass, and percussion. Singers are also welcome. Guitarists and keyboardists must know how to play basic chords and/or melodies - this is NOT for total beginners. You will learn how to select and arrange performance music. The class will break up into several "bands" and you will be expected to perform for others during class.

Location: Studio 9 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 9:30 AM - 11:00 AM

Leaders: Masa Ike,

26MUS043 Modern Band Arrangement 2

This class is for intermediate players of guitars, keyboards, bass and percussion. Singers are also welcome. Guitarists and keyboardists must know how to play basic chords and/or melodies - this is NOT for total beginners. You will learn how to select and arrange performance music. The class will break up into several 'bands' and will be expected to perform for others during class.

Location: Studio 6 NCH

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 1:30 PM - 3:00 PM

Leaders: Masa Ike,

26MUS045 Recorder

The recorder may be one of the least appreciated instruments in classical music, but in the right hands it has a sweet, expressive tone and can exhibit great agility. At the same time, it is accessible to amateurs: consort playing - playing in a group - can be both musically and socially rewarding. In this class we will explore some of the music written for combinations of three or four recorders of different sizes. We will probably form two groups which will meet in alternate weeks: a beginner group and a (lower) intermediate group. If you have played any woodwind instrument in the past, you will pick up recorder quickly and soon be ready to join the intermediate group. The beginner group is available to anyone who reads music and understands major and minor scales and time signatures. Good quality plastic instruments are reasonably priced; we will discuss which instruments to purchase when both groups meet at the first class. You will also need a music stand, but wait until the first class to purchase one.

Location: Meeting Room 2 NCH

Dates: 23 Apr 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 2:00 PM - 3:00 PM

Leaders: Christina Hart,

26MUS046 Silver Grove Swing Band

This group has the format of the classic Big Band of the Swing era. As the numbers and types of instruments required are dictated by the commercially available arrangements we use, there are limited opportunities for new members. Musicians need to be reasonably experienced to participate. If you have not been a member of this class in 2025 you will need to contact the Course Administrator to discuss possibilities of joining. Pre-Requisites: Must have your own instrument and be able to read music charts.

Location: Studio 9 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 9:00 AM - 11:30 AM

Leaders: Geoffrey Moore,

26MUS049 Ukulele Group 1

The aim of this class is to improve each member as a Solo Ukulele player, by learning to read music as well as playing chords, so that playing/singing can be enjoyed as a group with varied skills. Beginners and those with Experience are welcome.

Location: Studio 6 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 2:00 PM - 3:00 PM

Leaders: Ilse Hayes,

26MUS052 Ukulele Group 2

2026: this class is now closed to any new enrolments. This is a beginner's class. The aim is to improve as a Ukulele player, to help you to enjoy and play music with others. You will be encouraged to develop your own playing style. You will learn basic chords and chord sequences together with some strumming patterns. You will be introduced to the Major scales (CFGD) and reading Tabs. You will be encouraged to perform or lead some of the songs, so participation is essential. There will be a cost of \$5.00 per term for Music sheets. To be collected by the Leader. Pre-Requisites: - A reasonably good Ukulele and Tuner - Purchase the Theory Book - (Ukulele Book 1. Essential Elements for Ukulele. Comprehensive Ukulele Method, by Marty Gross. Hal Leonard Corporation). - Music stand All members enrolling will initially be placed on a Wait List. The class leader will accept members to the maximum.

Location: Studio 6 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 12:30 PM - 1:45 PM

Leaders: Alison Jansz-Senn,

26MUS055 Ukulele Jam session

Come join us for some fun and easy songs on our ukelele as its a fun way to practice your vocals at the same time. You just need to know a few basic chords to strum while you sing along your old time favourites. You need to bring your own ukulele, music stand and a folder to collect your song sheets. More of a jam session where we can share all our old-time favourites with each other.

Location: Meeting Room 2 NCH

Dates: 4 Feb 2026 - 18 Nov 2026

Schedule: Weekly on Wednesday 1:15 PM - 2:15 PM

Leaders: Jasmine Teen,

26MUS058 Ukulele Accelerated class

This class is for members who have been identified by the leader as beyond the Ukulele Jam session class Note: All members enrolling in this class will initially be placed on the Wait List. The class leader will accept members up to the maximum after the initial enrolment period.

Location: Studio 5 NCH

Dates: 3 Feb 2026 - 17 Nov 2026

Schedule: Weekly on Tuesday 2:45 PM - 3:45 PM

Leaders: Francis Tan,

26MUS063 Wonderful Melodies

This class is intended for intermediate-level musicians who are familiar with both sheet music, numerical music notation (solfege) and basic knowledge of music theory. The main format of the class will involve a small-group jamming session to modern pop songs as well as some old classics. Members will be required to bring their own instruments. Due to the ensemble-style format, availability for new members will be limited.

Location: Meeting Room 1 NCH

Dates: 23 Apr 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 12 noon - 1:30 PM

Leaders: Lauren Diep,

SCIENCE

26SCI002 A World of Maps (Term 3)

A World of Maps Humans have been fascinated by maps for millennia. We know they can show one's location and be used to navigate to a destination. But maps are SO much more: they open possibilities for new adventures, illustrate history and culture and tell stories of discovery, conquest and glory. Today, maps are used to plan cities, and then run those communities every second of every day. Emergency services, utility companies, councils, transport, retail stock management, supply chains, health monitoring, agriculture, environment and weather monitoring all use maps: the list is almost endless. In this course, we will firstly look at the history of maps from Babylonian times (500 BCE) to the Google earth of today. We will also discover how maps show cities' growth and development. After a brief look at how maps are used in navigation and how GPS works, we will examine how Australia was mapped. Participants will be introduced to Geographical Information Systems (GIS), the immensely powerful tool which assists decision-making and problem-solving. Finally, we will come back closer to home and look at the maps we all carry in our pockets - on smartphone apps. This is a repeat of the Term 2 class

Location: Studio 4 NCH

Dates: 16 Jul 2026 - 10 Sep 2026

Schedule: Weekly on Thursday 2:15 PM - 3:45 PM

Leaders: Andrew Robinson,

26SCI004 Cosmology

The greatest story told - Evolution: The Big Bang to the brain. The evolution of galaxies, stars, planets, life and us. Learn not just the facts but how the facts were ascertained. For example, how to measure distance to the stars. How to measure speed of light. How the heavier elements were synthesized. How to make a nuclear reactor. How life originated and how humans evolved.

Location: Studio 6 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Weekly on Thursday 11:15 AM - 12:30 PM

Leaders: Tony Heyes,

26SCI010 Geology

This class will include presentations on rocks and minerals, physical geology of Australia and overseas, surface processes and ore processes. A one week excursion will be held late in the year - Date TBA 2026 This class will run in alternate weeks to Weather, Climate change class, commencing 5th February 2026.

Location: Studio 6 NCH

Dates: 5 Feb 2026 - 19 Nov 2026

Schedule: Fortnightly on Thursday 9:30 AM - 11:00 AM

Leaders: Peter Jackson,

26SCI011 How to Survive in Space

This short course will be based around a series of 3 lectures from the Royal Institution in London titled How to Survive in Space. The Royal Institution was founded in 1799 to popularize science through public lectures and, in 1812, the young, uneducated but enthusiastic Michael Faraday started attending Humphrey Davy's hugely popular presentations. By 1825 Faraday had risen to become Professor of Chemistry at the RI. He began the now-traditional Christmas lectures for children and their families, with a legendary series of presentations on The chemical history of a candle. Recent lecturers have included Sir David Attenborough, Carl Sagan and Dame Nancy Rothwell. In 2015 Dr Kevin Fong, a specialist in extreme environment physiology and space medicine delivered three fast-paced presentations, packed with demonstrations devised by the inventive technicians at the Royal Institution. Dr Fong serves as a doctor with Air Ambulance in England, and between 2003 and 2008 he worked regularly with NASA. He challenges his young audience with some of the most fundamental ideas of science while introducing them to a smorgasbord of - often surprising - challenges associated with space exploration. You may come along to this class simply to be entertained, but if you like to think seriously about the scientific content, you are bound to have many questions. I will attempt to answer those questions where I can, and where I can't we will research the answers together with help from Google (and AI!!).

Location: Studio 4 NCH

Dates: 15 Jul 2026 - 12 Aug 2026

Schedule: Weekly on Wednesday 10:45 AM - 12 noon

Leaders: Christina Hart,

26SCI013 Inventions that Changed the World

Inventions and discoveries that changed the World. A look at the history behind the ideas (big and small) that changed the world we live in.

Location: Studio 6 NCH

Dates: 2 Feb 2026 - 16 Nov 2026

Schedule: Weekly on Monday 11:30 AM - 12:30 PM

Leaders: Martin Roulston,

26SCI019 Past and Future Climate-Present Weather

How has climate changed over earth's history? How will it change in the future? We will look at how the earth's climate has changed during the long history of the earth (sometimes called Palaeoclimatology) and into the present day - including: how do we know what the climate was in the past? Why did it change? Is the climate changing now, and, if so, why? And what can we do about it? We will also talk about current weather events and topics, and how they relate to the broader climate. You don't need special scientific knowledge to attend the class, just an interest in weather and climate.

Location: Studio 6 NCH

Dates: 12 Feb 2026 - 19 Nov 2026

Schedule: Fortnightly on Thursday 9:30 AM - 10:45 AM

Leaders: Terry Hart,

26SCI023 The Technology of Metals. Postponed

*** Class postponed Term 1 may start in term 3 or 4 Leader unwell 6/3/26 EM Challenge yourself on a voyage of discovery into the fascinating world of metals, their origins, composition and critical elements that determine their unique properties and applications across a wide variety of situations. Metals investigated: Steel production - How is it made? Types of steel - why are they so hard ? Aluminium - Comparisons with steel. Stainless Steel - Why it doesn't rust ? Cast Iron - The origin of ferrous metals. Testing of metals - Strength, ductility, impact. Basic metallurgy - how it all works. Brittle fracture - King street bridge. Some demonstrations will be conducted during classes. If possible an interesting excursion will be organised at a convenient time. Participants require no previous knowledge of metals, only an enthusiastic interest in the topic.

Location: Studio 3 NCH

Dates: 13 Jul 2026 - 18 Sep 2026

Schedule: Weekly on Monday 12 noon - 1:00 PM

Leaders: Ron Barker,

VOLUNTEERING

26AAVOL1 Volunteer for Committee of Management

U3A Nunawading is run by its Committee of Management all of which are Volunteers and meets monthly. Select this code if you are interested in Volunteering for the Committee and you will be contacted to discuss further. Note that you will be added to a Wait List for this group when enrolling, and will be contacted subsequently.

Location: Nunawading Community Hub (NCH)

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Daily 0:00 AM - 0:00 AM

Leaders: Gary Walker,

26AAVOL3 Volunteer for Member Liaison

This team of volunteers manages new members and member relations. Note that you will be added to a Wait List for this group when enrolling, and will be contacted subsequently.

Location: Nunawading Community Hub (NCH)

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Daily 0:00 AM - 0:00 AM

Leaders: Marlene Fernandes,

26AAVOL4 Volunteer for Social Committee

If you wish to Volunteer for the Social Committee to help with our social events, please select this code and we will contact you to discuss further. Note that you will be added to a Wait List for this group when enrolling, and will be contacted subsequently.

Location: Nunawading Community Hub (NCH)

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Daily 0:00 AM - 0:00 AM

Leaders: Bronwyn Hughes,

26AAVOL5 Volunteer to help on Reception

The Reception desk is staffed by two Volunteers in the morning and two in the afternoon. Select the code if you are interested in Volunteering to help on Reception (once or twice a month) and we will contact you to discuss further

Location: Nunawading Community Hub (NCH)

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Daily 9:00 AM - 3:30 PM

Leaders: Gita Hickman,

26AAVOL6 Volunteer to help with Audio Visual Syst

Some leaders need assistance to connect to the installed inhouse AV network and equipment. If you would like to offer support in this area please select this code. Note that you will be added to a Wait List for this group when enrolling, and will be contacted subsequently.

Location: Nunawading Community Hub (NCH)

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Daily 0:00 AM - 0:00 AM

Leaders: Lindsay Glen,

26AAVOL7 Volunteer to help with eNews and Website

... This class is now closed. 13/3/26. The Communications Committee is responsible for our electronic newsletter, website and general publicity. If you wish to Volunteer to help with any of these tasks, select this code and we will contact you to discuss further. Note that you will be added to a Wait List for this group when enrolling, and will be contacted subsequently.

Location: Nunawading Community Hub (NCH)

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Daily 0:00 AM - 0:00 AM

Leaders: Helen Smith,

26AAVOL8 Volunteer to Lead a Class

All of our Class Leaders are Volunteers who share their knowledge and skills. You do not need to be a trained Teacher, just have a good knowledge of your subject. Please select this code if you wish to discuss further and you will be contacted by the Course Administrator. Note that you will be added to a Wait List for this group when enrolling, and will be contacted subsequently.

Location: Nunawading Community Hub (NCH)

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Daily 0:00 AM - 0:00 AM

Leaders: Elsie Mutton OAM,

26AAVOL9 Volunteer For Summer School Committee

Volunteer for the organising Committee for Summer School. Note that you will be added to a Wait List for this group when enrolling, and will be contacted subsequently.

Location: Nunawading Community Hub (NCH)

Dates: 2 Feb 2026 - 20 Nov 2026

Schedule: Daily 0:00 AM - 0:00 AM

Leaders: Carl Di Giovine,

26AAVOLG Volunteer for Gardening Group

Come and join like minded members and share your gardening skills You will be contacted once you indicate an interest and a date that suits you will be confirmed. Note that you will be added to a Wait List for this group when enrolling, and will be contacted subsequently. BYO tools. Normal meeting time is Fridays 10am 2026

Location: Nunawading Community Hub (NCH)

Dates: 6 Feb 2026 - 20 Nov 2026

Schedule: Weekly on Friday 10:00 AM - 3:00 PM

Leaders: Claire Martin,